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Tooth decay up

HEALTH

Study shows effect of taking out fluoride



Jeremy
Simes
For Metro | Calgary

The fluoride fight may resurface — a local independent study has shown the removal of the additive has had a negative impact on children's health.

The study — carried out by researchers from the University of Calgary, the University of Alberta and AHS — found tooth decay rates increased in Calgary since the fluoridation of drinking water halted in May 2011.

Tooth decay is the most common infectious disease in children, carrying consequences of pain, dental expenses and sore-

ness that affects school productivity, according to Lindsay McLaren, the study's lead author.

Researchers compared the teeth of Grade 2 students in Edmonton and Calgary. Unlike Calgary, Edmonton hasn't discontinued fluoridation.

In Calgary, the number of tooth surfaces with decay per child increased by 3.8 surfaces since fluoride was removed, compared to 2.1 in Edmonton, a statistically significant difference, McLaren said.

In 2011, Coun. Druh Farrell spearheaded the move to remove fluoride from Calgary's drinking water. It became a passionate debate.

The city has saved \$750,000 by removing fluoride from drinking water, though McLaren notes other studies show that the benefits of fluoride outweigh costs. She said researchers plan to examine the costs in another phase of the study.

THE FIGHT FOR A FLIGHT

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Pharmacies get green light to offer naloxone

HEALTH

Take-home kits now being granted to help fentanyl addicts



Jeremy Simes
For Metro | Calgary

Take-home naloxone kits are now available at some Alberta pharmacies in response to the rapid rise of fentanyl-related deaths.

Associate Health Minister Brandy Payne will make the announcement on Wednesday in Calgary, though the kits have already been available at some pharmacies throughout the province for about two weeks, according to Jimmy Mathews, president of the Alberta Pharmacists Association.

Naloxone kits buy a user time to seek potentially life-saving medical treatment.

"It's nice to know we have (naloxone) in case the need arises for a patient — it's not like you want to wait on this one here," Mathews said. "I'm happy that Alberta Health Ser-

vices is seeing a need for a kit like this and has been able to work with pharmacies to administer a program like this."

The government confirmed it's expanding the take-home naloxone program to pharmacies.

On Wednesday, it'll announce how many pharmacies have signed up for the take-home naloxone program.

"This is the (government's) latest step to increase access to naloxone," said Laura Tupper, spokesperson for Health Minister Sarah Hoffman.

Pharmacies spent the past two weeks registering for the take-home naloxone program, which led to the delayed announcement, the government added.

“

I'm happy that Alberta Health Services is seeing a need for a kit like this.

Jimmy Mathews

The naloxone kits will be available at no charge for addicts at high risk of opioid overdose, if they're registered with an Alberta health-care insurance plan and have a valid personal health number.

Patients must also have a valid prescription from eligible naloxone prescribers, which include doctors, pharmacists and nurse practitioners.

"We basically go through an educational process on how the medication works and, if it's needed, how to actually use it," Mathews said.

He said each pharmacy will carry a maximum of two kits.



Naloxone kits such as this will be available at no charge for addicts at high risk of opioid overdose, so long as they're registered with an Alberta health-care insurance plan and have a valid personal health number. METRO FILE

"I believe the hope is that you'd first dispense those two before you'd even order more from McKesson (a pharmaceutical distributor)."

Earlier this month, Alberta Health Services distributed 4,000 take-home kits to 29 clinics and eight harm reduction sites.

There were 272 overdose deaths involving fentanyl in

Alberta last year — up from 120 in 2014.

Currently, health-care practitioners authorized to prescribe naloxone can't prescribe naloxone to loved ones of fentanyl addicts, though the government is working to change that legislation.

As for the Trudeau visit, the legislature was under tight security and only mainstream media organizations and accredited legislature press gallery members were allowed, she added. THE CANADIAN PRESS

THE REBEL

NDP calls for probe of media policies

The Alberta government is battling an online news outlet over access to the legislature and has asked a recently retired journalist to review its media policy.

The conflict began two weeks ago when two contributors from The Rebel, a highly conservative web platform driven by political commentator Ezra Levant, were barred from a government announcement in Calgary about new rules for oil royalties.

Sheila Gunn Reid and Holly Nicholas say the premier's staff denied them access to the news conference because they were with The Rebel.

Three days later, Reid tried to enter the legislature to cover a joint news conference with Premier Rachel Notley and Prime Minister Justin Trudeau.

Reid said security staff denied her entrance because the premier's office had directed that The Rebel was on a "no-go" list.

Government spokeswoman Cheryl Oates denied the accusations.

Oates said the pair had not signed up ahead of time for the royalty review news conference — as required from all media — and therefore couldn't attend.

As for the Trudeau visit, the legislature was under tight security and only mainstream media organizations and accredited legislature press gallery members were allowed, she added. THE CANADIAN PRESS

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The Al-Tamky family is being looked after by a group of local volunteers helping them navigate new territory in Canada. CONTRIBUTED

Easing the culture shock for Syrians

VOLUNTEERISM

Support group assists newcomers in daily tasks



Lucie Edwardson
Metro | Calgary

A growing family of Syrian refugees in Country Hills has a group of guardian angels making sure its transition into Canadian life is as easy as possible.

The group, made up of roughly a dozen volunteers from the Syrian Refugee Support Group, has been helping the family of 10, which is due to be 11 within the month, as it makes Canada home.

"Sam posted on the group and said there's this family and they don't know anything about Canada — how to get anywhere, how to grocery-shop or bank here — and that's where we step in and we help

12
Number of groups in Calgary dedicated to easing the transition of Syrian families to Canadian culture.

out," said Nareeman Al-Haffar.

Al-Haffar said the group has rallied behind the family by showing its members the ropes, taking them to doctor's appointments and helping them learn to navigate places like the grocery store.

"We're trying to familiarize them with Canadian culture," she said. "We really like helping these families because they feel lost here, so the best thing we can do is help them find their way."

Al-Haffar said the group of volunteers is a multicultural bunch who takes turns visiting the family and making sure their basic needs are met. Recently a volunteer took the

family to the food bank while others have been collecting backpacks, lunch bags and school supplies for the children.

The Country Hills group is just one of 12 similar groups scattered throughout the city helping newcomers acclimatize to their new homes.

Sam Nammoura, co-founder of the Syrian Refugee Support Group, said when he posts to their group Facebook page he has volunteers within hours.

"The minute they contact us we immediately form a support team of volunteers living in the same area as well as with a bilingual volunteer," he said. "As soon as these support groups are formed we rarely hear from the family again because the volunteers take such good care of them."

Nammoura said he's seen special relationships form.

"Both the volunteers and the family create a new bond, trust and friendship," he said. "They feel involved and see progress."

For more information, visit yycsyr.ca.

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Speeding rule won't hurt response: AHS

HEALTH

Paramedic says new limit will decrease service levels



Jeremy Simes
For Metro | Calgary

Alberta Health Services (AHS) is insisting a new driving rule that puts tighter speed limits on ambulances won't affect patient response times.

The rules — which take effect provincially on Friday — say paramedics can only drive a maximum of 15 km/h over the posted speed limit when operating emergency vehicles with lights and sirens activated.

Prior to the change, ambulance operators could drive at a speed of 25 per cent over the posted limit, while operating with lights and sirens.



AHS's new driving rule will take effect Friday. METRO FILE

Come Friday, that means ambulances can only travel at a maximum of 115 km/h on Deerfoot Trail when they could normally travel at a max of 125 km/h, when it's safe to do so.

On Sunday, a paramedic slammed the new rule, saying it will increase response times. AHS said the rule creates a

culture of safe driving, and is in line with standards set by other Canadian jurisdictions.

When Metro asked AHS for further clarification on what led to the rule change, it provided a link to its "Beyond the Headlines" blog.

Titled "AHS EMS slowing down to save lives," the article

said the rule will not put patients at risk, adding ambulances aren't built for high-speed driving.

"Travelling at high speeds in these situations increases the risk of collision that could be catastrophic to the patient, to staff and to members of the public."

By press time, Metro did not receive a response when it asked AHS for the number of paramedics and Albertans who have been injured — or have died — in collisions with ambulances.

Rick Lundy, founder of Open Arms Patient Advocacy Society, said he hopes patients' lives aren't sacrificed because of the rule change.

"(This rule) can definitely jeopardize whether (patients) are going to live or die," he said. "EMS has done a fabulous job getting patients quick to emergency services, so why the change?"

The union representing EMS workers declined to comment.

MUSIC

Sound engineer wins two Grammys

Shawn Everett says he's feeling pretty incredible after winning two Grammys.

"It's pretty surreal," he said via phone from Los Angeles. "It seems super crazy but, when you're in the moment, you feel more grounded."

Everett, who grew up in Bragg Creek, won two Grammys Monday night for engineering and sound mixing, and for best alternative album for Alabama Shakes' second album, *Sound & Color*.

His parents — Bob and Rose Everett — also flew down to support their son.

Shawn's category — engineering and sound mixing — was one of the first to be announced during the non-televised portion of the ceremony.

Five minutes before they announced his category, Shawn said he left to go to the washroom to scribble down some names on a notepad — just in case he won.

"I was panicking before they called my name," he said. "And when they called my name, I was still panicking."

"I'm just happy I had that note pad."



Shawn Everett CONTRIBUTED

During his speech, Shawn said he thanked his mom, dad, wife and one of his mentors.

Bob said he felt so proud of Shawn.

"A big rush of pride hit me when they mentioned his name," he said. "I thought I was prepared for it."

The Everetts then hit the televised awards ceremony and partied until 3 a.m. at the Alabama Shakes after party.

Currently, Everett is working on a few other records and is up for a Juno.

JEREMY SIMES/FOR METRO

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Media is a cornerstone of our society, as it impacts our understanding of current events, heightens our awareness of social issues and influences both our lifestyle and buying decisions. The Radio, Television and Broadcast News program develops a wide range of career paths including technical, performing and creative development. A diploma from this recognized media program has become the minimum standard for an entry-level position in this industry, and is widely recognized.

Join us on Wednesday, February 17 at 7:00 pm in Room NL120 in the Senator Burns Building. Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

INFORMATION TECHNOLOGY - TELECOM SYSTEMS MAJOR

If you would like to be part of the high tech generation who likes to provide solutions, harness the power of the latest software, go wireless and connect leading edge devices near and far, then the Telecom Systems major is for you. Graduates of this program are prepared for dynamic careers in today's telecommunications industry.

Join us on Wednesday, February 17 at 7:00 pm in Room E314 in the John Ware Building. Call 403.210.4076 or Email ict.telecom@sait.ca to confirm your attendance or for more information.

GRAPHIC COMMUNICATIONS AND PRINT TECHNOLOGY

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Join us on Wednesday, February 17 at 7:00 pm in Room MD321 in the Stan Grad Centre. Email fast-track@sait.ca to confirm your attendance or for more information.

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Join us for a free online information session on Thursday, February 25 from 5:00 – 6:00 pm to learn more. Visit sait.ca/infosessions to register.



Jay Marshall was known for his roller skates, playing the bass and singing karaoke. SUBMITTED

Calgary character Jay Marshall dies

COMMUNITY

Bassist, bottle picker and entrepreneur will be missed



Brodie Thomas
Metro | Calgary

Maybe you saw Jay Marshall outside the Stampede Grounds, dressed as a cowboy and playing the shell game with tourists.

Maybe you saw him roller-skating on Stephen Avenue.

He was famous among skateboarders, punk rockers, bottle pickers, police and just about anyone who spent time in downtown Calgary.

He died on Tuesday morning in Foothills Hospital. Marshall had been suffering from prostate cancer. Friends believe he

was 66 years old.

Marshall never had official ID, according to friends, and they were never sure if any of his backstory was true.

"It was always sort of a shtick with him," said friend Jay Slinger. "You'd never get a real straight, honest answer."

Another close friend, Joan Smart, said Marshall always said he was from the US Virgin Islands, and that he had served in the US Military.

She said he loved to gamble, but he was also good at it. He would charm people with his sleight of hand at the shell game. She said most didn't mind losing a few bucks to Jay, since he put on a good show.

Megan Kirk, co-owner of Tubby Dog, said Marshall was a performer and a busker, rather than a panhandler.

"He was a hard-working dude who made money in strange ways," she said.

Marshall had an upright bass, and played in a few bands. He was also known for singing karaoke at bars along 17th Avenue. Aside from his shell game, he worked odd jobs at skate shops or collected bottles. He had many regulars who would save their bottles for him.

Lee Moore at Smilin' Buddah Tattoo would drop his empties off every few weeks.

"Usually he would rope me into driving around with my truck. We would spend a whole Sunday going from place to place, picking up bottles."

Sgt. Chris Ogwald with the Calgary Police Service worked the downtown beat in the 2000s. He remembers Marshall's big smile and his roller skates.

"Every interaction was positive and we never got any complaints from citizens regarding him," said Ogwald. "He never bothered anyone or got in anyone's way. He will be missed."

ENVIRONMENT

Forestry Minister: Wildfire season to begin a month early

Alberta is starting its wildfire season a month early after flames last year torched almost 5,000 square kilometres.

Forestry Minister Oneil Carlier says the extra time provided with the March 1 launch will ensure that crews are recruited, trained and positioned to respond quickly to any wildfires that break out in early spring and through the year.

Carlier said the province is already considering how the mild, dry winter will

affect the fire threat in the forest zone.

"While it is difficult to predict what weather conditions will be like in the weeks and months ahead, we know right now that there has been below-average snow and rainfall across much of Alberta over the past few months," Carlier said on Tuesday.

"We will continue to monitor the situation and be ready to respond if and when we are needed."

THE CANADIAN PRESS



Wildfires in 2015, like this one in Jasper, have the province looking ahead to 2016. THE CANADIAN PRESS FILE

Laser tattoo removal is **FASTER THAN EVER!**

Removing tattoos just got faster with PICOsure... The **FASTEST** tattoo removal in the world!

With the recent surge in popularity of tattoos and the advancements in tattoo artistry, more and more people are getting tattoos. People get tattoos for many reasons, sometimes after much thought and planning, at other times on the spur-of-the-moment. The expectation for most is that they will love their tattoo and that they will love it forever. Unfortunately that is not always the case. If you have a tattoo that just isn't you, and you want it off, there is good news. Removing tattoos just got faster!

HOW DOES LASER TATTOO REMOVAL WORK?

The ink used in tattoos is made from minerals. To understand how tattoo removal works think of the ink as tiny "rocks." With multiple treatments, the "rocks" are broken down into smaller and smaller "pebbles."

The number of treatments required to get a tattoo off varies greatly based on factors such as the age of the tattoo, whether it was applied by a professional or not, the depth and concentration of ink, the number of colours, the type of laser used, and the technique used to perform the treatments.

Traditional lasers used for tattoo removal are called Q-Switches. These nano-second lasers predominantly rely on photothermal action and deliver heat into the pigment and surrounding tissue. A minimum of 6 treatments and upwards of 15 or 20 are required. Complete clearance of ink is an unlikelihood if the tattoo has multiple colours. Scarring is not only possible but probable. The risk of scarring from Q-Switch treatments is heightened by treatment methods that involve multiple passes in the same session.

NOW THERE IS A NEW LASER... PICOsure!

Now there is a new pico-second laser that operates at speeds measured in trillionths of a second! This breakthrough technology, known as Picosure, has opened up a whole new realm of possibilities for the use

and effectiveness of lasers including faster clearance of tattoo ink. Picosure uses pressure-wave technology that creates an intense mechanical impact that shatters the ink into tiny particles. The "rocks" are not reduced to "pebbles," but instead become "sand."

WHY SETTLE FOR SLOW?

Tattoos are cleared in fewer treatments, with less energy, and without injuring the surrounding skin. Another indication for Picosure is scar revision. Thus, it has proven effective at removing previously treated tattoos that became impacted in scar tissue and failed to clear after multiple Q-switch treatments. Healing time after a Picosure treatment is similar to that of traditional lasers but far fewer treatments are required. Greens and blues which are notoriously difficult to remove with Q-switch lasers come off easily with Picosure. We have witnessed complete clearance of green and light blue ink in 1 to 3 treatments. Black, dark blue and other colours fade more slowly and may require 3 to 5 (occasionally more) treatments. Red and white will fade much slower than other colours. Pigment will diminish gradually over a period of 6-8 weeks. Treatment may then be repeated.

TATTOO COVER-UPS?

To fade or not to fade...

Tattoo shows such as Tattoo Nightmares and Ink Masters give people a false impression that tattoos can easily be covered up with other tattoos. Finding an artist with the confidence and skill to cover up something like large black tribal with a beautiful modern image is rare. Trying to cover any tattoo limits the possibilities for new art because you have to work around the tattoo you already have. Fading the old tattoo first with a few Picosure treatments allows you to clear the canvas and truly create something that reflects your personality and tastes. For those who cover up without fading first, more often than not what is created is worse than what they started with. The words I hear often are "It looks like a big blob." To add insult to injury, the fresh thick ink of a cover-up is far more difficult to remove than the old, faded ink they covered, would have been.

HOW MUCH WILL IT COST?

Schedule a Free Assessment!

The cost for a Picosure treatment is higher per square inch of ink than that of traditional lasers, but the total cost to remove the tattoo will be lower. Fewer treatments, faster recovery time and greater results are achievable. Picosure delivers faster and better clearance at a lower overall cost.

Give us a call for a free tattoo assessment! Skinpossible is a private medical aesthetics clinic located in the community of Chaparral Valley. Our goal is to address your concerns and give you all of the information you need to make an informed decision. Evening and Saturday appointments are available. Consultations and parking are free.



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Picosure vs Q-Switch

Before

After

Picosure Q-Switch



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A cricket dream come true

SPORTS

Calgarian picked to play in Caribbean Premier League



Lucie Edwardson
Metro | Calgary

The dream to play professional cricket was always in Hamza Tariq's blood.

His father, Muhammad Tariq, said that as a child, he too wanted to go pro with the sport but didn't have the skills his son has.

"When I was young in Pakistan, I was mad crazy about cricket," he said. "I didn't have the talent of Hamza."

The Tariq family immigrated to Canada in the early 2000s, and Muhammad said his son was adamant in finding a league in Calgary. Since then, Hamza has made

waves in the cricket community, even representing on Team Canada for six years — until International Cricket Council funding to pay full-time players was cut two years ago. Hamza, who is currently studying accounting at SAIT, said that even though there was no professional league in Canada for him to play with anymore, he didn't give up on making it to the big leagues.

"Since then I've been trying to get better every day and see where cricket can take me and how I can become the best I can be," said the 25-year-old wicket-keeper. And recently, Hamza's hard work paid off.



He woke me up to tell me and he was crying and said, 'I did it; it's finally happening.'

Hamza's father, Muhammad Tariq

"I've been drafted into the Trinbago Knight Riders Squad in the Caribbean Premier League," he said. "Which is the equivalent to the NHL in cricket — so it's a big deal."

Muhammad, who has always encouraged Hamza to pursue his cricket dreams, said the news made both he and his son very emotional.



Hamza Tariq batting during his Team Canada days. CONTRIBUTED

"He woke me up to tell me and he was crying and said, 'I did it; it's finally happening,'" said Muhammad. Hamza's mentor since he was 14, Manzoor Chaudhary, said he couldn't think of a more deserving person or one that can have a more positive effect on his community.

"He's come a long way," he said. "He's committed himself to the fullest and achieved the highest level. It makes me very proud; it makes the whole Canadian cricket league proud."

"It's great that he's a role model for the youngsters. His work ethic, his attitude and ap-

proach to the sport are exemplary, and kids need to see that."

Hamza is set to join the team, owned by Bollywood superstar Shah Rukh, this summer — and he can't wait.

"Everything I've looked forward to is finally going to happen," he said.

IN BRIEF

Wildrose party throws support behind midwives

The Wildrose is batting for Alberta's midwives, saying it will push for a new funding model that would improve midwifery access for families.

"By not having an equitable funding model — like every other service has — I think this essentially puts midwifery services low on the totem pole for this government," said Angela Pitt, Wildrose MLA for Airdrie. Alberta Health Services (AHS) and the Alberta Association of Midwives (AAM) have been meeting to negotiate a new deal that details how many families midwives will be able to help for the 2016/17 fiscal year.

AHS's latest proposal sees no change in funding, meaning demand won't be met, according to the AAM. Timothy Wilson, spokesman for Health Minister Sarah Hoffman, said the minister wants to expand midwifery service in a way that maximizes value for investment through evidence-based decision-making. JEREMY SIMES/METRO

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Street Fighter finds feet in city

GAMING

New release to see competitive events resurface



Aaron Chatha
Metro | Calgary

With the release of Street Fighter V on Tuesday, Calgary's fighting-game pros are down-down-forward forward punching their way out of the living room and into bars, tournaments and eventually the international competitive stage.

While Canada's premier Street Fighter tournament, the Canada Cup, started in Calgary, tournament director Troy Kirkland said the competitive scene in Calgary has been dwindling in the past few years. Players are no longer turning out with their customized arcade sticks to sharpen their skills.

"It hasn't died off but it's a little trickier now," he said. "The game (Street Fighter IV) came out in (2008), when people were a lot younger, less burdened."

At its peak, venues like Tubby Dog would see dozens of players showing up once a week to test their skills. These players could put up to 40 hours per week into Street Fighter IV to make sure they were good enough to qualify for the international tournament, which takes place in the U.S. every year.

But as time went on, attendance fell and venues like Tubby Dog stopped hosting the weekly events, according to pro-Street Fighter player Jamie Templeton.

"The game got older, and a lot of our OGs relocated," said Templeton, recalling some of his old rivals. "Doug is in Vancouver, Phil is married, and I haven't played at all in two or



Tory Kirkland, organizer of the Canada Cup tournament, said he expects to see player numbers jump back up with the release of Street Fighter V. AARON CHATHA/METRO

three years. I'm in a band now."

But with the release of Street Fighter V this week, Templeton is on the forefront of revitalizing the scene. He's hoping a weekly meetup at Hexters Pub will reignite the passion of the community — and bring out new players who weren't aware of the scene.

"I'm pretty sure there will be more people playing Street Fighter than ever now," he said.

The Hexters meetup is at 6 p.m. on Wednesdays, and another group has been hosting Gamer Sundays at Dicken's Pub to keep up interest in the

game.

Kirkland said Calgary gamers are friendlier than most competitors in other cities — especially to newcomers. He said it's because they didn't grow up in the arcade culture, in which a misfired hadouken meant lost money. Calgarians grew up playing on couches.

"This community in Calgary is awesome. There's people from every walk of life, and it doesn't matter who you are — if you want to come down, play a match and have a conversation, anybody is more than willing to take that time for you."

A short history of Street Fighter

1 Street Fighter (1987) — Released into arcades, gamers took control of Ryu to face off against AI-controlled opponents. Player two could join and play as Ken.

2 Street Fighter II (1991) — Released on arcades and home consoles, Street Fighter II became one of the most popular games of the time due to its focus on competitive multiplayer and large roster of characters.

3 Street Fighter III (1997) — The third entry discarded most of its older character roster in favour of new faces but slowly added in old characters through updated versions.

4 Street Fighter IV (2008) — At a time when the series was in decline, Street Fighter IV is credited with reinvigorating the franchise.

+ TOURNAMENTS

Where the pros gather

Calgary hosted the first Canada Cup in 2010, and the event has now grown to become the premiere tournament for Calgary pros to put their buttons where their mouth is.

It's also one of the few ways Canadian players can qualify for the Capcom Cup international tournament. (Capcom is the company that makes the Street Fighter games.)

"It's gotten to the point where there's enough interest nationwide in the event that we've taken the show on the road," said Troy Kirkland, director of the tournament, explaining that it will be held in Toronto this year, although he is still living in Calgary.

The tournament takes place in October.

Kirkland said fighting games are a big draw in the competitive e-sports arena because, unlike League of Legends or other team-based games, fighting games are one-on-one.

Jamie Templeton, who has competed in international tournaments, said the Street Fighter games are well-established and incredibly well-designed, requiring reactions down to the individual animation frame.

"It just feels organic. Fluid, I guess," he said. "It feels like a real sport; I think that's what makes it appeal to people."

AARON CHATHA/METRO

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Calgary to restore damaged habitats

WILDLIFE

City required to fix fish homes impacted by 2013 flood



Helen Pike
Metro | Calgary

Calgary's fish are still out of a habitat since the historic flood swept away the cool school hangouts.

In 2013, the flood put expensive infrastructure in danger, so the city had to think quick to save investments from getting soggy — but one thing that wasn't spared were numerous fish habitats along the Bow River. Now, the city is required by law to fix fish homes; projects they expect could take up to three years to complete.

A request for proposal (RFP) has been put out by the city to find designers who can help create preliminary designs for the city's fish compensation program.

Designers may also be in charge of construction when the project enters that phase.

"As you can imagine, a lot of our erosion protection, particularly at what we call critical erosion sites, had to be arrested or municipal infrastructure would have failed — with very obvious economic consequences," said Frank Frigo, Leader of River Engineering for the City of Calgary.

"Because we were arresting erosion and doing a lot of recovery work immediately thereafter, there was less opportunity to put bioengineering-type approaches in and mitigate habitat impacts while we're doing the actual work."



This section of the Bow River is next up for a facelift as a part of the flood restoration project. JENNIFER FRIESEN/FOR METRO

Frigo said there were so many impacts in the 2013 flood, the city had to step back and look at where the best habitat sites would be in order to have the highest impact for the fish and city pocketbooks.

After getting the OK from Fisheries and Oceans, as well as the provincial government, the city embarked on a detailed scientific analysis to determine the best sites for fish habitat improvements.

So far, Frigo said the city has spent \$300,000 on the fishery component of post-flood studies.

Now, the city has a benchmark to help them understand the city's river conditions at this

point and time — which Frigo said could help the city if there are any future flood events.

"All of our native species are quite hearty, they know what to do during a flood," Frigo said. "But certainly there have been some changes. The fish populations look to be quite intact but the way the regulatory framework works around habitat is if any person or organization causes an impact that impact has to be mitigated."

The city is currently engaging consultants and contractors to find the best ways to delve into the fish habitat mitigations. Work this year likely won't start until the fall.

IN BRIEF

Homeless fundraiser happening Saturday

The Mustard Seed is holding its Coldest Night of the Year Fundraiser on Feb. 20.

The all-ages event has people walking 2, 5 or 10km on Saturday night in a show of support for those who live on the streets.

Participants are collecting pledges. The goal is to raise \$125,000 for The Mustard Seed, Feed the Hungry and Acadia Place.

METRO

INFRASTRUCTURE

Mine could delay school construction



Sanam Islam
Metro | Edmonton

A forgotten coal mine may delay construction of a new school in northeast Edmonton.

"This is definitely a first for us," said Brian Fedor, assistant deputy minister of Alberta Infrastructure's learning facilities division.

The coal mine could be located underneath Ivor Dent School, which workers are supposed to begin building as of April.

"We found an old map of the city, which shows that there was a mine in that vicinity that opened in 1905 and closed in 1925. Should it be under the school, we may have to revisit the construction start date."

The Ivor Dent School is set to replace three aging schools in the Greater Lawton neighbourhood. While Fedor said it appears the mine won't affect the school site, seismic testing will be used to "see what's underneath, and whether it poses a risk."

ONE NATION ONE TEAM

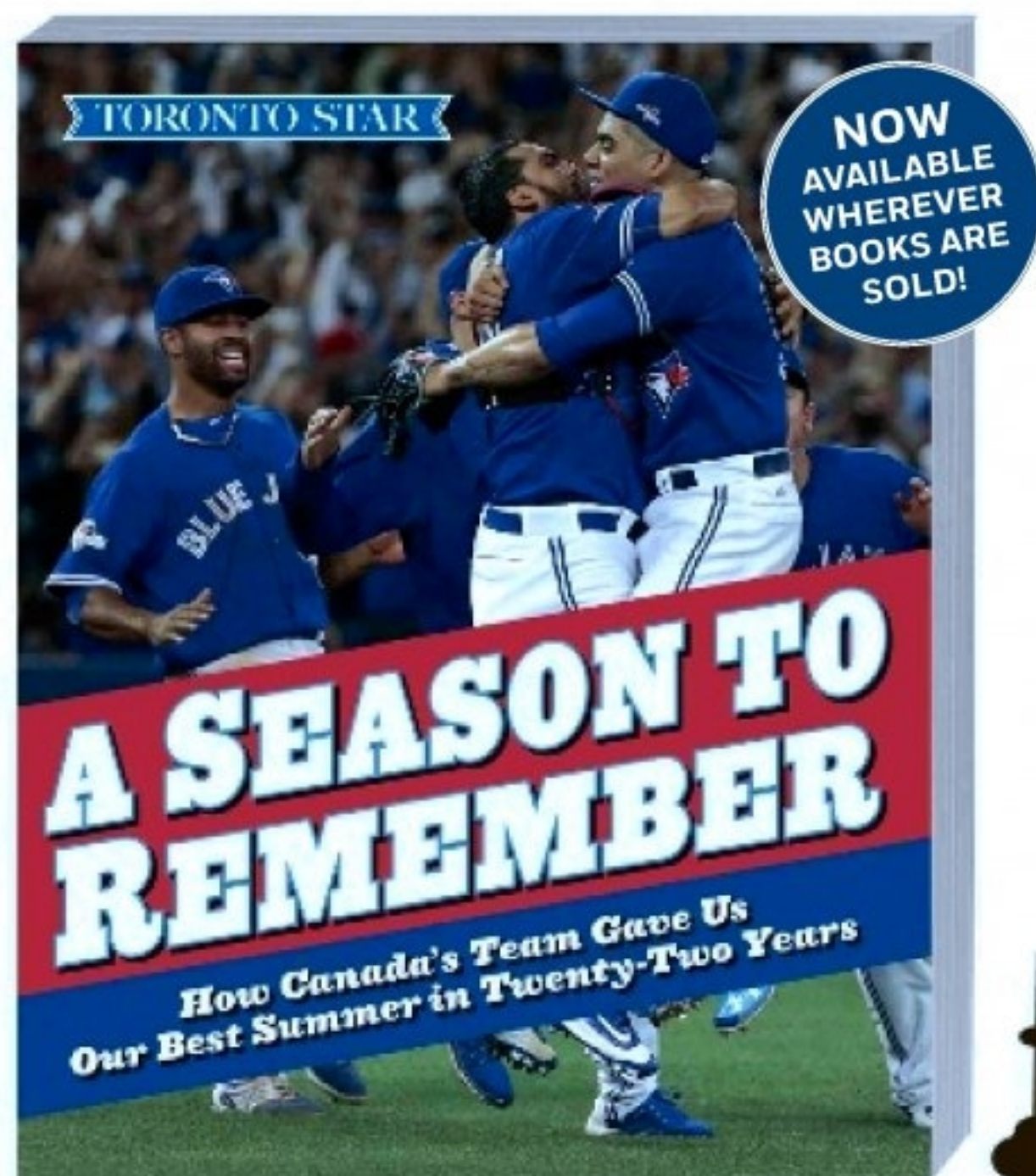
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Out with the cold, in with the golf

WEATHER

Warm stretch means earlier start to the playing season



Darren Krause
Metro | Calgary

Usually when you think about pulling out the sticks this time of year, you're in Arizona or Florida.

A recent stretch of warm weather, however, has opened the fairways for Calgary golfers — at least at one location: Fox Hollow Golf Club.

The northeast Calgary golf course, not foreign to opening up when Calgary's winter weather warrants it, has deemed the course fit for birdies and bogies and is hoping to jump-start excitement for the upcoming golf season.

Head golf pro Greg Griffith said he walked the entire course in sneakers this past weekend and when the soles came back dry after 18, it was time to open for business.

"Customers have been call-



Kyle Bygrove has been golfing since he was six-years-old and was happy to be back out on the course earlier than usual this year. AARON CHATHA/METRO

ing us up for two weeks now," Griffith said.

There are a few snow hazards in low-lying areas, but for the most part Griffith said their main concern was ice — and it's nonexistent on the 9 Street and 32 Ave NE track.

Yes, there's a little boost to the club's bottom line, and

they have to monitor the grass condition, but Griffith said spring is around the corner and it's time to start swinging the clubs.

"It's more about getting that excitement back in the air for golf," he said.

Kyle Bygrove, who was out on the links Tuesday, said

you've got to take advantage of the fine weather.

"It's just such a nice day out," he said.

"There's even a guy out here in shorts and a T-shirt."

Last year the club opened up on greens at the end of March — the earliest ever in Calgary — but the course was in great

“Customers have been calling us up for two weeks now.”

Greg Griffith

shape overall.

"The grass is dormant right now so it doesn't hurt it at all," Griffith said, acknowledging that some courses refuse to open early because of possible turf damage.

"If there's divots, they might not grow back right away, but it's one week of overseeding and it's back.

"If you compare it to a elementary school field, there's a lot more traffic on that grass in the winter and it always comes up green in May."

Fees are half price until the club opens up on real greens and it's walking only. Tees and greens are tarped off to protect the surfaces.

Griffith said they'll continue to stay open, weather permitting.

For more information visit foxxhollowcalgary.com.

WITH FILES FROM AARON CHATHA

IN BRIEF

Former Alberta premier to head up Catholic health organization

Former Alberta premier Ed Stelmach is now leading a Catholic health organization with an \$800 million budget. Stelmach, who served as PC premier from 2006 to 2011, is the chairman of the board of Covenant Health.

Covenant Health operates 17 facilities in 12 communities. THE CANADIAN PRESS

Son of former police chief on trial for murder

The son of a former Edmonton police chief is on trial in Red Deer, Alta. for the alleged murder of his girlfriend.

Mark Lindsay, who is 29, is charged with second-degree murder, offering an indignity to a body and obstruction in the death of 31-year-old Dana Turner in August 2011.

Lindsay, the son of former chief John Lindsay, sat with his eyes closed for most of the proceedings and showed no emotion as an agreed statement of facts was read.

THE CANADIAN PRESS

ACCOUNT MANAGER, NEW BUSINESS DEVELOPMENT

Metro Calgary is looking for an experienced, energetic and motivated sales professional to join our dynamic sales team in Calgary. Reporting to the New Business Development Sales Manager, the successful candidate will utilize creative strategies to customize a broad range of advertising options, both in print and online. The successful candidate will leverage an innovative mindset to support clients in achieving their business objectives while also achieving company set personal monthly and annual targets.

PRIMARY RESPONSIBILITIES:

- Actively prospect and generate new advertising revenue, both in print and online
- Achieve and exceed allocated sales targets
- Support various Special Feature and Custom Publishing opportunities
- Assist clients with building their brand and/or generating awareness about their products, events and/or services
- Build and maintain strong relationships with new clients
- Respond to client queries and follow-up on all client calls and emails
- Develop and present persuasive presentations
- Log daily sales activity into CRM

REQUIREMENTS OF THE POSITION:

- 2 years of demonstrated success in a similar role
- Some relevant post-secondary education
- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Creative and collaborative
- Proficient in Microsoft Office – Word, Excel, PowerPoint & Outlook
- CRM experience is an asset
- Strong sense of accountability
- Must be a team player

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than February 21st, 2016. PLEASE QUOTE: "Account Manager, New Business Development – Calgary" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

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SALES MANAGER, NEW BUSINESS DEVELOPMENT

Metro Calgary is looking for an experienced, energetic and motivated sales professional to join our dynamic sales team in Calgary. Reporting to the Sales Director, the successful candidate will lead a range of business development tasks in an effort to continue to drive our incremental sales goals both in print and online. While leading a dedicated new business development sales team and supporting/influencing a team of account managers, the successful candidate will leverage an innovative mindset to identify incremental opportunities and champion new opportunities.

PRIMARY RESPONSIBILITIES:

- Provide leadership to and promote accountability with the new business development team
- Support & influence a team of account managers in an effort to drive new and incremental business within their portfolios
- Lead Special Features/Custom Publishing efforts for the Calgary office
- Increase the number of innovative, first-to-market features
- Identify, develop and champion new revenue opportunities
- Assist entire sales team with lead generation
- Study existing account lists and look for new opportunities
- Build and maintain strong relationships with new and existing clients

REQUIREMENTS OF THE POSITION:

- 5 years of demonstrated success in a similar role
- Degree or certification in Business or relevant field
- Dedication to achieving extraordinary results while maintaining a positive and motivated attitude
- Excellent negotiation skills and ability to influence others
- Entrepreneurial, goal oriented, target driven, creative, detail oriented, efficient, inspirational
- Excellent time management skills, highly organized
- Outstanding communication skills
- Fluent in Microsoft Office – Word, Excel, PowerPoint & Outlook
- Must be a team player

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than February 21st, 2016. PLEASE QUOTE: "Sales Manager, New Business Development – Calgary" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

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SPECIAL REPORT ALBERTA ENERGY

IN PARTNERSHIP WITH ALBERTA OIL MAGAZINE, METRO CALGARY BRINGS YOU INFORMATION ON ALBERTA'S CHANGING OIL-AND-GAS INDUSTRY AND ITS IMPACT ON THE PROVINCE'S ECONOMY.

CUTTING CARBON CAPTURE COSTS

Alberta has been capturing carbon for three decades. Yet, ask anyone who spends their days contemplating carbon capture and storage (CCS) about its future in the province and you're likely to get similar responses from each: a small sigh, followed by descriptors like "disappointing" and "not good."

It wasn't supposed to be like this.

The sighing is no doubt related to the high ambitions for CCS under the Alberta government's climate change plan of 2008.

A gargantuan 139 megatons of emissions — over two-thirds of projected reductions — were to be cut from Alberta's projected "business-as-usual" emissions by 2050, mostly by way of CCS technology.

David Keith, professor of public policy and applied physics at Harvard University, said it was "an ill-informed claim by a government that lacked analytical capabilities or any serious interest in tackling climate."

Before the release of the Alberta NDP's new environmental policies in late 2015, CCS was the closest thing the province ever had to a tangible plan on climate change. A \$2-billion carbon capture fund was set aside by Alberta's previous government, which included funding for Shell Canada's Quest project, located near the Scotford Upgrader north of Edmonton.

For its part, Quest is solely a CCS project: the offtake CO₂ is buried without any value-added use first. Quest came online in November and will house one million tons of CO₂ underground per year. However, two additional Alberta projects — Swan Hills Synfuels LP and TransAlta's Project Pioneer — were abandoned, joining the almost two-dozen CCS endeavours around the world that were cancelled in recent years.

Critics say carbon capture technology is too energy-intensive and expensive, carbon isn't priced high enough, and public support has vanished. Such a trio can cripple even the most well-designed projects.

Duncan Kenyon, program director of unconventional oil and gas at the Pembina Institute, said too much expectation was placed upon CCS from the outset.

“(Carbon capture and storage) was sold as a silver bullet ... to make the oil sands look great and dramatically reduce emissions. From day one, there was a fishy smell to that.” Expert Duncan Kenyon

ector of unconventional oil and gas at the Pembina Institute, said too much expectation was placed upon CCS from the outset.

“CCS was sold as a silver bullet to get us market access, to make the oil sands look great and dramatically reduce emissions. From day one, there was a fishy smell to that. It created

a lot of skepticism about CCS, which continued to grow and grow.”

The future of carbon capture — especially pure CCS — is still unclear. Alberta's deep saline aquifers can serve as storage, and its EOR can rejuvenate aging oil wells (some 1.4 billion barrels worth, according to a 2009 report). Taking full advantage, however, will require significant

ly increased investment, as was the case with fracking technology and the growth in renewable energies.

Such innovation is encouraged by Alberta's Climate Change and Emissions Management Corporation (CCEMC). It gets carbon tax money from big CO₂ producers and invests

it in green technology. Last year CCEMC awarded the first tranche of its \$35-million international Grand Challenge: Innovative Carbon Uses.

CCS technology itself is also progressing. John Zhou, chief technical officer at Alberta Innovates, said his organization is funding a dozen “second-generation” technologies. He said three or four of those have the potential to cut the cost of actually capturing the carbon — which constitutes around 80 percent of total cost — by half or more.

All potential breakthroughs aside, CCS remains an expensive endeavor for governments and the private sector. And yet, while CCS is by no means the solution to all of Alberta's carbon emissions woes, it's certainly an avenue worth pursuing.

JAMES WILT/ALBERTA OIL



Carbon capture and storage has potential, but is the heavy price tag prohibiting its widespread adoption in Canada's oil industry? COURTESY SHELL CANADA



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Co-operation the only way up north



METRO'S ARCTIC ADVENTURE
Braeden Jones
Metro | Winnipeg

Less than a decade ago, the Polar Continental Shelf Program (PCSP) compound northwest of Resolute on Cornwallis Island, Nunavut, could support about 62 people. Today, it can handle as many as 240.

The compound — which houses living and office quarters and provides meals, accommodations, transportation and field equipment to research groups in the Canadian Arctic — has “expanded four-fold in a very, very short time,” said acting PCSP chief of Arctic logistics Tim McCagherty.

Rapid expansion came thanks to co-operation integral to all operations in the high Arctic.

“If you’re not all working together, nothing happens,” McCagherty said. “Nobody stands alone in the Arctic.”

In this case, the co-operation is between the PCSP — backed by Natural Resources Canada, Environment Canada and the Department of Fisheries and Oceans — and the Canadian Forces Arctic

Training Centre via the Department of National Defence.

In 2007, the Canadian Armed Forces (CAF) received “the Canada First Defence strategy,” which mandated an increase in CAF Arctic presence and sovereignty defence.

“When (that) came up... the military turned around and said, ‘Okay, we’ve got to do an assessment of where we should place (a base of operations) and what should this facility do,’” said Lt. Col. Luc St. Denis.

The PCSP was thus established in the middle of the Canadian Arctic and has one of the longest runways this far north, bar few, allowing for the kind of air projection vital to responding to sovereign threats almost anywhere north of Churchill.

LOGISTICS

Today, the PCSP provides support to more than 140 camps from the Resolute base and has operated in more than 2,000 locations in the Canadian Arctic, touching every island there is. METRO



Lt. Col. Luc St. Denis talks to troops Sunday near Resolute, Nunavut. BRAEDEN JONES/METRO

IN BRIEF

Top science prize goes to first-ever female winner

A McGill University astrophysicist became the first woman to receive one of the country’s top science prizes on Tuesday, marking what was called a “significant watershed moment” for women in science.

Victoria Kaspi, a Montreal-based professor, was handed the Gerhard Herzberg Canada Gold Medal for Science and Engineering in Ottawa, becoming the first woman to receive the award in its 25-year history.

THE CANADIAN PRESS

Missing, murdered victims have ripple effect: Minister

The issue of violence against aboriginal women goes beyond the ranks of murdered and missing, Canada’s indigenous affairs minister said Tuesday as she explained her claim that the tally of victims is far higher than believed.

A mere roster of victims ignores the family members who have been touched by tragedy and fails to capture the extent to which the phenomenon has affected an entire culture, Bennett said.

THE CANADIAN PRESS



A screenshot of the opening scene of U.S. presidential candidate Marco Rubio’s new campaign ad, *Morning Again*, which mistakenly uses stock footage of Vancouver but identifies it as America. YOUTUBE

Presidential campaign ad misses the landmark

POLITICS

Footage of Vancouver used in video celebrating U.S.



Thandi Fletcher
Metro | Vancouver

Vancouver has found itself unwittingly thrust into the U.S. presidential race after a new campaign ad for Republican candidate Marco Rubio mistakenly featured footage of the Canadian city’s downtown skyline.

The ad, which was released over the weekend, opens with a scenic sunrise shot of a tugboat with a city in the background as a narrator says, “It’s morning again in America” — a reference to Ronald Reagan’s 1984 campaign slogan that used the same line.

The only problem? The city in the background isn’t America.

It’s unmistakably Vancouver’s iconic downtown skyline, seen across the Burrard Inlet.

The city’s Harbour Centre is clearly visible in the shot, as are the cranes at Port Metro Vancouver. A small Canadian flag can even be seen flying

on the back of the tugboat.

Rubio’s campaign manager reportedly told BuzzFeed, which first reported on the footage, that the use of the clip was a mistake.

It appears the footage originated from Shutterstock and was shot by Vancouver-based videographer Guy Chevasse.

Another video from Chevasse that appears to be shot on the same day shows another unmistakable Vancouver landmark — the five white sails atop Canada Place.

This isn’t the first time Vancouver has been mistakenly identified as another city.

In December 2013, a real es-



Florida Sen. Marco Rubio
SPENCER PLATT/GETTY IMAGES

tate brochure for condo buildings in the Chinese coastal city of Weihai tried to pass itself off as Vancouver using a photo of False Creek looking toward Burrard Bridge.

AUCTION

Prime minister’s sketch sells for \$25K

A watercolour sketch drawn by Justin Trudeau months before he became prime minister has been auctioned off on eBay for \$25,200 to a Toronto businessman and philanthropist, and his artist wife.

Viv Draward, communications director for Friends of the Canadian Museum for Human Rights, said Alice and Grant Burton have been previous donors to the facility.

Trudeau drew the image of the museum after visiting the Winnipeg building last spring. Postcard prints of the

image were given to Liberal party donors, and museum officials approached Trudeau about getting the original for a fundraiser.

“It’s like, wow! With this kind of fundraiser, you never know what can happen, so we didn’t want to set our expectations too high,” said Draward. “I think it demonstrates what a unique piece the sketch is and the interest people are taking in human rights.”

Grant Burton is president of Starcan Corp. and director



The Canadian Museum for Human Rights in this undated sketch by Justin Trudeau.

CONTRIBUTED

emeritus at the National Arts Centre while Alice Burton’s



It’s just amazing how well it ended up doing.

Viv Draward

works have been exhibited in Toronto, Montreal and New York as well as Europe and South America.

The drawing depicts the museum, along with its glass tower, with trees and greenery in front. THE CANADIAN PRESS

Not afraid to dream big

MIDDLE EAST

Girls fleeing Syrian war share hopes for the future

For the adolescent girls who have fled war in Syria for life in Jordan's refugee camps, the future can seem as uncertain as the past.

And yet, they have reasons to dream like anyone else. That's the message of the Vision not Victim campaign by the International Rescue Committee. Photographer Meredith Hutchinson invited the girls of the camps to map out their professional futures, meet female mentors and realize their potential.

The girls then designed their own photo, where they posed as their future self.

1 Rama (Age 13): Future doctor. "Walking down the street as a young girl in Syria or Jordan, I encountered many people suffering — sick or injured — and I always wanted to have the power and skills to help them. Now, as a great physician in my community, I have that ability."



Easing someone's pain is the most rewarding aspect of my job. To be able to give them relief and make them smile — this is what I love most."

2 Fatima (Age 16): Future architect. "I've always wanted to be an architect. Yet, when I was young people told me that this is not something a woman could achieve, and they encouraged me to pursue a more 'feminine' profession. But I dreamt constantly of making beautiful homes for families, and designing buildings that bring people joy."

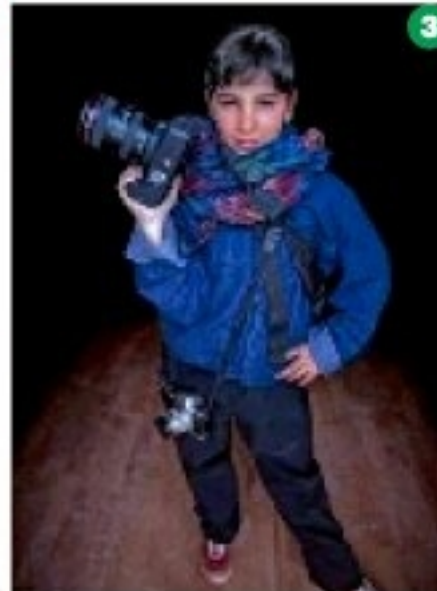
Now that I've reached my vision, I hope I am a model



for other girls, showing them that you should never give up on your dream — no matter what others say."

3 Muntaha (Age 12): Future photographer. "Since I was a young girl, I loved taking people's photographs. I loved going to different events and documenting what was happening — both the good and bad. Now, as a professional photographer, I use my images to inspire hope in others — to encourage love and understanding."

4 Amani (Age 10): Future pilot. "Even before I had ever been on a plane, I knew I wanted to be a pilot. When



I was younger, my brother always told me that a girl can't be a pilot, but I knew deep down this is what I wanted to do. I finished my studies and found a way to get to flight school. Now, not only do I get to live my dream, but I also get to help people travel, to see the world, and discover new places."

5 Fatima (Age 12): Future teacher. "In this image, it is the early morning and I am waiting in my classroom for my students to arrive. I teach younger children to read and write Arabic. I am a very compassionate and kind person, and so a perfect teacher. I am



strict, but I go out of my way to gently help those students who are having difficulties."

TORSTAR NEWS SERVICE

FREEZING RAIN

Bizarre weather continues

A treacherous mix of snow, sleet and freezing rain turned morning commutes to icy misery Tuesday for many returning from a long holiday weekend in the Northeast, a day after suspected twisters tore through parts of the South.

At least three deaths were reported on slick roads, all in Virginia, and motorists battled hazardous road conditions over a wide area from the Mid-Atlantic states through Pennsylvania to northern New England.

In the West, California and Arizona braced for more record warm temperatures after basking in the high 80s and low 90s on Monday. Millions along the East Coast, meanwhile, were still shivering from a deep freeze.

In Washington, the federal government was opening three hours late after freezing rain coated the capital city in ice — atop the several inches of snow that fell Monday. The U.S. Office of Personnel Management, which sets leave for 300,000 federal workers, said employees also could opt for unscheduled leave or telework.

Messy snow, sleet and freezing rain made driving hazardous around the Northeast.

THE ASSOCIATED PRESS

REFUGEE CRISIS

Syrian boy posts heartfelt letter to King of Sweden

A 12-year-old Syrian boy is hoping for an audience with Swedish King Carl XVI Gustaf after describing his family's perilous journey to the Nordic country in a moving letter to the figurehead monarch.

The royal palace confirmed Tuesday that the king had received the letter from Ahmed, whose mother asked that his surname not be published because he's a minor. The family is still waiting to hear whether it will be granted refugee status.

Ahmed wrote that his family lived happily in Aleppo, Syria, "until the war started with the sound of missiles, shooting and terror."

He described their escape to Greece in a "rubber boat" amid the cries of children and how his "heart was crushed" when he saw the tears of his mother.

"I wanted to talk about my journey from Syria to Sweden," Ahmed told The Associated Press. "And I wanted to talk to him about Swedish people.

I like the Swedish people very much."

Ahmed wrote the letter in Arabic. Pooja Sharafi, a 29-year-old counsellor at the school in Malmo where Ahmed is enrolled, helped him get it translated into Swedish.

"I was very moved when I read it," said Sharafi, whose parents fled to Sweden as refugees from Iran. He also posted the letter on Facebook.

Royal palace spokesman Daniel Urso said the king replied on Feb. 11 but declined



Ahmed hopes King Carl XVI Gustaf gets the letter.

HANDOUT/THE ASSOCIATED PRESS

to disclose the details, saying it was a "private matter."

However, Ahmed, his mother and Sharafi said none of them had seen a reply. The reason for the discrepancy wasn't immediately clear.

Ahmed said he hopes to meet the king, who he had heard "is very kind to his people."

In the letter, the boy said he even brought new clothes from Syria to wear in case he's able to meet the monarch.

THE ASSOCIATED PRESS



A Penn State University professor walks to class in treacherous conditions.

NABIL K. MARK/CENTRE DAILY TIMES VIA THE ASSOCIATED PRESS

IN BRIEF

ISIL-linked trio goes to trial
Three Arizona men watched videos depicting violence by jihadists, tried to get pipe bombs, and planned an attack at a Prophet Muhammad cartoon contest in Texas last year, investigators say. Two of the men brought semiautomatic rifles and an Islamic State flag to the May 3 contest featuring cartoons deemed offensive to Muslims. The third man goes on trial in

Phoenix on Tuesday.
THE ASSOCIATED PRESS

Veteran Egyptian diplomat and UN chief dies at 93
Boutros Boutros-Ghali, a veteran Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but then clashed with the United States when he served a single term as UN secretary-general, died Tuesday. He was 93. THE ASSOCIATED PRESS

OUTBREAK

Modified insects could curb Zika virus

The World Health Organization says it may be necessary to use controversial methods like genetically modified mosquitoes to wipe out the insects that are spreading the Zika virus across the Americas.

The virus has been linked to a spike in babies born with abnormally small heads, or microcephaly, in Brazil and French Polynesia. The U.N. health agency has declared Zika a global emergency, even

though there is no definitive proof it is causing the birth defects.

WHO said its advisory group has recommended further field trials of genetically modified mosquitoes, which have previously been tested in small trials in countries including the Cayman Islands and Malaysia.

"Given the magnitude of the Zika crisis, WHO encourages affected countries ... to boost

the use of both old and new approaches to mosquito control as the most immediate line of defence," WHO said in a statement.

Next week, WHO chief Dr. Margaret Chan will travel to Brazil — the epicenter of the outbreak — to discuss Zika and microcephaly with the country's health min-

34

WHO says at least 34 countries have been hit by the virus in the current crisis, mostly in Latin America.

ister and other officials, agency spokeswoman Fabela Chaib said on Tuesday.

WHO said previous experiments that released sterile insects have been used by other U.N. agencies to

control agricultural pests.
THE ASSOCIATED PRESS

Embracing a new vacation model

EMPLOYEE MANAGEMENT

Unlimited paid holidays the 'right' thing for workers: CEO

Just weeks after a Vancouver company introduced unlimited paid vacation in January, some employees are already off on holidays in Thailand.

"These are high-quality people, who will come back more refreshed, better than ever," said Jeff Booth, chief executive officer of BuildDirect, an online home-improvement marketplace that sells everything from flooring to kitchens.

"We feel it's the right thing for our employees. Instead of measuring hours, we measure output," said Booth, who says he took seven weeks of vacation last year including a three-week trip to Vietnam.

"If my best person came to me and said, 'I really need this time, a paid vacation.' Would I give it to them? I would," he

said, adding he would grant such vacation to others.

The policy now means all 300 employees have access to unlimited paid vacation, including staff in the warehouse. There are still rules — including limiting it generally to no more than four consecutive weeks, as many times over the course of the year — though a manager could give the sign-off on longer periods.

Miovision, a Waterloo-based traffic management company, also brought in the new unlimited paid vacation policy last month, part of a policy to emphasize trust, but also formalizing what had essentially been an unwritten rule.

"The idea is take as much vacation time as you need, but we're

all here to build the future," said Miovision's CEO Kurtis McBride.

The idea hasn't worked at some companies including crowdfunding website Kickstarter, which reverted back to fixed vacation days last fall.

Julian Barling, Borden chair of leadership at Smith School of Business, noted that the traditional model of limiting vacation days was built on fear that people would escape the workplace.

"In the workplaces of the current era, we are trying to construct workplaces that are very different, where autonomy is very important," he said. "It does not mean doing everything and anything they want."

TORSTAR NEWS SERVICE



We just decided we didn't need to babysit the staff. They are quite capable of deciding how much time they need, while still getting ... work done. Kurtis McBride



Some employers are shifting to open-ended vacation policies, saying they trust their employees. Miovision, a Waterloo-based company, has extended the policy to all 300 of its employees. ISTOCK

TECH SECTOR

Feds studying report to boost startups

The federal government is closely studying recommendations on how to help Canadian tech startups grow into global success stories — transformations that could eventually provide a boost for the ailing economy.

The findings of a recent

report are under analysis by the Liberal government, which has also been told internally that building small and medium tech firms into billion-dollar players remains a key challenge.

The review comes amid debate on how best to revive the

economy, which is struggling with low commodity prices.

The study, commissioned by the federal and Ontario governments, outlines possible strategies to help budding entrepreneurs become high-growth operations.

The analysis of the findings comes as the Liberals prepare their first budget, expected late next month. Some anticipate the fiscal blueprint to include measures to boost the tech and startup sectors.

THE CANADIAN PRESS

IN BRIEF

Paying bills hard for many

An Ipsos Reid poll finds nearly half of Canadians surveyed are within \$200 per month of being unable to pay their bills and make debt payments. About a quarter were already unable to pay bills. THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I have a fairly large family spread around the world. We use Skype and FaceTime a lot. It really bothers me when someone sticks a camera in my face and forces me to have a conversation. How do I stop that without being rude?

Dear Ellen,
I have a fairly large family spread around the world, so we find ourselves using Skype and FaceTime a lot. It really bothers me when I'm minding my own business and someone just sticks a camera in front of me and forces me to have a conversation with that person. It happens over the phone too, but that can be avoided by making signals.
Is there a way to stop that without being rude?
Andrés, Toronto

Dear Andrés,
As part of a large family spread out across Canada, I know this problem well and can speak to it from both sides. I've been the person trying to eat dinner when a laptop is suddenly inserted between me and my mashed potatoes. And though certain of my relatives might resemble a mound of lumpy, whitish starch covered in grease, I much prefer the edible variety on my plate.

So, whilst my lovely tubers grow cold (and as every potato-lover knows, they can never be reheated to their first, fresh glory), I make small talk with faraway people who are starting to look seasick from being passed around the table like a dish no one really wants, but which everyone feels obliged to sample for fear of offending the cook.

I've also been the seasick face on the screen, shuttled between siblings who love me dearly but already know I'm

Imagine if there was a way for us to see our loved ones when they're far away...



© Ani Castillo

fine and are too busy yelling at their children to give my latest theory about the weather the attention I think it deserves. Their solution is to pass me on to the kids — who, I'm proud to report, are assiduously polite. I daresay, if I weren't a student of etiquette, even I'd be fooled by the skill with which they cut short my questions about their dreams and hopes for the future and insist on sharing their beloved aunt with the younger ones.

Alas, the whole staying-connected-via-the-Internet experiment really falls apart when you involve the under-five set. I hate to be critical but if I wanted to watch a fast-motion, shaky-cam montage of the ceilings, walls and floors of several rooms, I could easily do that at home. Nor do these violently exuberant toddlers know how to gracefully say goodbye. The last time I attended a family event via Skype, I was left face-down on a staircase screaming "Hello? Hello? I'm here!

Is anyone there?" It felt like a giant, depressing metaphor for my life. Then again, attending family events in person often ends with the same sensation, so perhaps I can't blame everything on video chats.

As with many matters of etiquette, Andrés, my answer to your question must start with "It depends." If you are comfortable discussing the issue with family members, you might find you're not alone in feeling unpleasantly ambushed by computer screens at the table. You could discuss planning ahead, setting a firm time to talk when you're prepared, your mouth isn't full, and — if you're at all vain — you've had time to fix your hair and powder your nose for the camera.

If your family isn't open to your concerns, or they're terrible at planning, you have several choices:

1) Take the initiative and be the first to get the video call going. This gives you full

Oooh... That would be the most wonderful thing!

control of when the conversation happens and puts you on the business end of shoving laptops into faces. As de facto moderator, you can also humbly cut your own time short in consideration of others.

2) Discreetly disconnect the modem or, even better, leave it lying facedown on a distant staircase or under a pile of coats. If there are toddlers on-site, this can easily be accomplished without raising suspicion — though I hasten to add it would be very bad manners to allow any small, innocent person to be punished for your actions.

3) Bite the bullet, take the long view and submit. It's annoying but it's only a few minutes of your life and it could mean an awful lot to the person at the other end. And, of course, don't talk with your mouth full.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

What's anti-feminist is pitting women against each other

You can't swing a media brand without hearing about the great rupture in American feminism, a split deeper than DD cleavage, a cat fight extraordinary, mano-a-mano — or, since the Spanish word for "hand" sounds so much like "man," mujer vs. mujer.

The schism first appeared a month ago and has reached a media fever pitch: Young women are choosing Bernie Sanders over Hillary Clinton, to their elders' outrage.

Let's begin with the obvious: Not all young women are choosing Sanders (celebrity example: Lena Dunham) and not all older women are choosing Clinton (example: Susan Sarandon). Also: not all women vote Democratic.

Still, the debate is real enough that pro-Clinton former U.S. secretary of state Madeleine Albright got all evangelical last week, warning of "a special place in hell for women who don't help each other" — an absurdly ill-fitting threat, since Sanders supporters aren't the most religious.

She probably meant to say "a special place in the Clintons' bad books." But all this Shakespearean-level gender drama presented by the media is overrated.

First: The debate feels pretty white. Despite notable supporters, including rapper Killer Mike and a former NAACP chair, polls show black and Hispanic voters skew

heavily Clinton. And since I couldn't find a single poll detailing how black or Hispanic women are voting by age, I guess no one's that curious about where race plays into this feminist end-of-unity.

Second: The debate is partly misdiagnosed. Yes, young women are feeling the Bern, but so are all young people. It's not a problem with feminism, it's a problem with the generations at large. Young voters are concerned with poverty, income inequality and the dismantling of establishment power — all things Sanders has championed. Older women (and the media) are misreading this as indifference to gender politics — even, bizarrely, Gloria Steinem. As an early champion of viewing oppression beyond the gender lens and into class and race, I would have expected her to understand.

Lastly: Both candidates would probably be OK for women. They both support abortion rights, same-sex marriage, expanding Obamacare and raising the minimum wage.

The anti-climactic truth is neither choice is anti-feminist. What's anti-feminist is pitting women against each other, as if there were only one right way to be. It's also an underwhelming tactic to garner votes. Case in point: Fire-and-brimstone Albright has since apologized for telling other women to go to hell.

As with many matters of etiquette, my answer to your question must start with 'It depends.'

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Is it too late to start saving?

NEST EGG

Building a retirement fund beyond middle-age

Michelle Williams

You're nearly past your best earning years and your savings are negligible. Maybe it's because you've been raising your kids, paying down your mortgage and managing credit-card debt. Is it too late to start saving for retirement?

You may regret not starting earlier, but it's never too late to save.

"If you're not 71 years of age or older and if your taxable income is considerably higher now than it will be in retirement, then you still have time to be making RSP contributions," says Alan Cameron, investment advisor with Investment Planning Counsel. "The reasons are no different when you're middle-aged and beyond than when you're younger — you'll get a tax deferral now and pay less tax when you pull it out, assuming you'll be earning less."

The big difference is that there's less opportunity for your money to grow, as it won't be in your RSP as long and won't benefit from decades of compounding interest.



It's never too late to start saving for your retirement. ISTOCK

Time to get serious

"Often, we see people who haven't saved much in the past start to panic around age 50," says Jason Pereira, senior financial consultant with Woodgate Financial Inc. and Investment Planning Counsel. "It's unfortunate that people find themselves in this situation, but whether you've left

it late or not, at some point you have to get serious about retirement savings or you may not retire in a lifestyle you'll be comfortable with."

According to Pereira, the question to ask yourself about your retirement savings is: Can you sustain the lifestyle you're accustomed to when you're no longer working?

If the answer is no, now is definitely the time to get serious about your retirement savings.

You may also have to examine why you haven't been saving until now.

"If you're dealing with credit-card debt or refinancing your home, you're living beyond your means," says

Pereira. "When you're spending more than you make when you're working, how can you ever expect a positive result when you're retired?" Those who don't save enough may either have to push back their retirement, change their current lifestyle or prepare for a very different standard of living in the future.

Changing the focus

The challenge isn't always overspending.

"Some investors choose to put all their money into paying off their mortgage. The focus is to pay off debt rather than to build equity," says Pereira. "When people don't invest in savings, they're ignoring a vital part of their future and think they can catch up later, but because you miss out on compounding interest, the longer you wait, the more money you'll need."

While RSPs are an excellent savings tool, their tax benefits may not be for everyone.

"If your earnings are lower, say \$45,000 or less, you would want to be looking at tax-free savings accounts (TFsas). Also, RSPs may not be the answer if your post-retirement income is too close to your pre-retirement income or you're always in the lowest tax bracket," Cameron suggests.

For those nearing retirement, it's more important than ever to get good advice.

"You may have to adjust your goals, make lifestyle changes and start ramping up your savings," says Cameron. "A financial advisor can help you with this, showing you the best ways to make smart choices to help you reach your goals before you retire."

He recommends taking a sober assessment of where you stand every year, and more often as you near retirement. Your retired self will thank you.

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Leaves kale green with envy

Sure, kale is packed with nutrients, but so are a dozen or so greens sitting largely ignored on the same grocery shelf. Give these less popular leafy greens a try for your next dinner **TORSTAR NEWS SERVICE**

RAPINI

A cousin of broccoli, rapini is popular in Italian cooking where it's sautéed with lots of olive oil, garlic and chili flakes (and maybe sprinkled with some parmesan on top). People are often put off by its bitterness, but blanching it for a minute in salted boiling water before adding them to a hot pan helps bring out its sweetness and soften the woody stems. Serve the sautéed rapini as is for a side, toss it in penne with crumbled sausage or add it to an Italian meatball soup.

Bitterness rating: 4/5

DANDELION

It's probably best to buy dandelion from the supermarket rather than pulling the ones from your backyard that have been getting a daily watering from the neighbourhood pets. Fiercely bitter, dandelion is best served in salads with an acidic dressing such as lemon juice and olive oil that will mellow out its harshness. Add thinly sliced oranges, grapefruit and fennel to further add an acidic sweetness to the bowl. **Bitterness rating: 5/5**

CHARD

This gorgeous leafy green has stems and veins that come in a rainbow of colours, from pale green to beet red to sunset yellow. Like kale, its stems are quite woody in texture, but don't throw away the part that's going to give your dish a pop of colour (and belly-satisfying fibre). Simply separate the stems from the leaves, chop the stems into smaller pieces and give them a head start in the sauté pan before adding the leaves. A pinch of salt and a clove of garlic will help to get rid of its bitter taste.

Bitterness rating: 3/5

WATERCRESS

As its name suggests, watercress thrives in wet environments and gives off a sweet, slightly peppery crunch. Give the leaves an extra good rinse to get rid of any sand or dirt before using it as a base for salads or a more flavourful alternative to spinach in sandwiches (and not just cucumber finger sandwiches at afternoon tea). Watercress also adds flavour to pork bone soups and is a staple in Chinese hot pot. For nutrition, watercress rivals kale with high amounts of vitamins K, C, A and B6. **Bitterness rating: 1/5**

COLLARDS

Celiac sufferers (and those still on the gluten-free bandwagon) should turn to collards when making wraps and rolls in lieu of tortillas and wheat-based wrappers. The leaves are large, flat and round, making it much easier to handle as a substitute for burger buns than kale. In the American south, collards are traditionally cooked with onions, pepper, garlic and bacon (a dish with roots dating back to the slave trade). In East African nations such as Kenya and Tanzania, collards, or sakuma wiki, have been eaten for centuries and are sautéed in oil with onions and salt to go with meat or ugali, a cornmeal mash. **Bitterness rating: 2/5**

BOK CHOY

A staple in Chinese cooking, bok choy is characterized by its round leaves forming a bulblike shape at the bottom. Though its leaves may not be as dark as kale, bok choy is actually a nutritional powerhouse with high amounts of vitamins A and C as well as calcium. Do as the Chinese do and sauté bok choy with garlic in a bit of vegetable oil or add it to a bowl of noodle soup, dumplings or wontons. **Bitterness rating: 2/5**

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The world is aglow with this monosyllabic trending word



Grocery stores cover their apples in wax because they know people prefer to buy glowing fruit. ISTOCK

LEXICON

What makes 'glow' such a popular utterance?

From health food shops to beauty salons, the whole world seems to be aglow. Glowing cheeks, the Oh She Glows Cookbook, that pregnant glow, glow beauty magazine, glowing praise, GlamGlow skin care — the list, um, glows on. The word shouts radiance and health. You can aspire to glow. People will notice. And you'll feel fantastic too! Our desire to "glow" sees us buying everything from glow-titled books to glow-branded beauty products. But what makes this buzzword so luminous and appealing?

"The word 'glow' is often associated with being natural and healthy," Seneca College marketing professor Reza Alavie says.

According to Alavie, advertisers used "glow" as early as 1880 to sell womenswear.

"Go into a grocery store and try to buy an apple that isn't shiny. You can't. They cover apples in wax because they know it will attract customers. People are naturally drawn to shining and glowing things."

Our language, adds University of Toronto linguist J.K. Chambers, may account for much of the word's appeal.

"Glow" comes from a plain old Germanic root that has been in the English language as long as there has been an English language," Chambers says.

"It has the simple, honest feel that clings to old monosyllables, without any airs. Words that have similar meanings but are borrowed from other languages feel pretentious by comparison — 'aura' and 'effulgence' and 'luminosity' and 'brilliance,' all from Latin via Old French."

"Even 'glow-worms,'" he adds, "sound friendly because of the 'glow.' An old song says, 'Glow little glow-worm,

glimmer, glimmer.' There is no such song about earthworms, intestinal worms or any other worms."

Ryerson University philosopher Elizabeth Trott suggests that our desire to "glow" may speak to a deeper yearning.

"Plato said when we learned more we would continue to seek the light of knowledge, and his metaphor in the famous cave analogy was moving toward the sun. Perhaps there is real unfulfilled need in human beings to be in, and aware of, natural light."

Locked in artificially illuminated worlds, Trott says modern humans especially long for natural light and warmth.

"Perhaps the market has identified the habit of heads down in artificial light, and so offers up the 'natural' glow through the appeal of products," Trott says. "And might it be very sad, that they have no idea what they are really missing?"

Ryerson University sociologist Paul Moore seems to think so too.

"We project our vitality, our desires and wishes onto the objects we buy and the stuff we surround ourselves with," Moore says.

"It's then really easy, too easy, to substitute things that glow for our own glowing health or a healthy society. Some would say that quest for glow is actually a sign of concern or longing for a more meaningful life or a more vibrant society."

To advertising industry veteran and OCAD University marketing professor Ann Urban, buzzwords like "glow" appeal to both our need for simplification and human warmth in our complex and cold world.

"We turn to the promise of warm glowing embers in everything from our pillows to our pancetta to our skin creams," Urban says.

"The right buzzword can manage to capture the fleeting essence of what we're all feeling at any given time as a society. 'Glow' is just that kind of word."

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THIS WEEK: Snacks

Sushi sounds like a super healthy meal with rice, fish and veggies but some rolls will send you off the deep end nutritionally.

PICK THIS**Salmon Avocado Roll**

Portion Roll (nine pieces)
Calories 320
Fat 4 g
Sodium 470 mg

**SKIP THIS****Spicy Tuna Roll**

Portion Roll (nine pieces)
Calories 670
Fat 18 g
Sodium 830 mg

**HERE'S WHY**

Equivalent to as much sodium and more calories as two Original Recipe Chicken Thighs from KFC.

The tuna is incredibly healthy but once mixed with the spicy sauce and mayonnaise-based wasabi aioli (which give the Spicy Tuna Roll its name and kick), it sinks the sushi when it comes to calories, fat and sodium. The addition of this fatty sauce adds almost double the sodium and calories, and 4.5 times the fat. That's without adding any soy sauce, which triples the sodium. Stick to a sauce-free roll – the Salmon Avocado Roll gives you all the good stuff. Try to pick a low-sodium soy sauce and use sparingly.

PUBLISHING

Designer Zac Posen pens new cookbook

Fashion designer Zac Posen has announced plans to turn a hobby he uses to “de-fashion” into a full-fledged cookbook.

Fans and Instagram followers of the New York-based designer may already have seen the news coming.

In between snaps of his latest collection, glimpses of his work studio, and his fabulous celebrity friends, Posen has also been posting photos of the meals he whips up at home.

Meals such as soba noodle soup with mini chicken quenelle (or dumpling) and asparagus; fried calamari; Kenchin-jiru Buddhist vegetable soup; risotto with peas and porcini mushrooms; and strawberry rhubarb pie.

Recently, Posen officially announced plans to publish a collection of his recipes with Rodale on Instagram. “Thank you to my @instagram followers for your continuous excitement,” he wrote alongside a snap of a meringue pie topped with edible flowers.

“You made this happen.”

In an interview with Vogue, Posen credited his Instagram fans for planting the seed for

the idea.

“If it had not been for the response from the followers on social media, I never would have taken the plunge and put a cookbook together,” he said.

Posen also called cooking a hobby that allows him to “de-fashion” and described his culinary style as “rustic to refined.”

If the meals on his Instagram account are anything to go by, fans can expect Asian — notably Japanese — influenced recipes, Italian dishes as well as French techniques, no doubt influenced by his French partner Christopher Niquet.

When he wasn't dreaming up ladies' fashions in his younger years, Posen says he was reading recipes in The New York Times, The Martha Stewart Living Cookbook, the French instructional guide La Varenne Pratique or watching the Discovery Channel's Great Chefs program.

The Zac Posen cookbook is scheduled to be released in the fall of 2017. AFP

DRINK PICK**Try a fresh white wine from Nova Scotia**

You may be surprised to learn that some of the most interesting booze made in Canada is coming from Nova Scotia.

With a modern history well into its third decade, the province's wine industry has experienced rapid growth this decade with over a dozen wineries pressing juice from locally grown grapes.

Jost Vineyards was there at the beginning. The Jost family sold its holdings to Atlantic Canadian entrepreneur Carl Sparkes in 2012 and he has been leading the new wave of Nova Scotian wines ever since.

Nova Scotian wine-makers do fresh, aromatic whites very well, with off-dry, lightly effervescent versions like Jost's 2014 Selkie Frizzante (\$19.95) a casual-drinking tour de force. Try it on its own, with a charcuterie platter, or your favourite seafood recipe.

PETER ROCKWELL/METRO



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RECIPE

Teriyaki sauce tops it all

If you're still using teriyaki sauce from a bottle, you're depriving yourself of the awesomeness that is homemade teriyaki. Knowing how simple this potent sweet-savoury sauce is to put together might make parents feel better about serving it at dinner. It's so versatile, it can be slathered on whatever protein is at hand — chicken, steak, pork or salmon.



THE ASSOCIATED PRESS

Teriyaki Sauce

Start to finish: 5 minutes
Makes 1 cup

Ingredients

- 1/4 cup water
- 1/4 cup low-sodium soy sauce
- 1/4 cup seasoned rice vinegar
- 1/4 cup sugar
- 1 Tbsp sesame oil
- 2 tsp Sriracha (or other hot sauce)
- 1 tsp garlic powder
- 1 tsp ground ginger

Directions

Sauce

1. In a medium bowl, combine all ingredients and whisk until the sugar is dissolved.

Chicken

1. Slice boneless, skinless chicken breasts into thin strips. Add them to the sauce,

then refrigerate up to 24 hours.

2. When ready to cook, set a wire rack over a rimmed baking sheet. Coat the rack with cooking spray. Arrange the chicken strips in an even layer on the rack, then set under the broiler on the oven's middle shelf for 3 to 5 minutes, or until just starting to brown. Flip the chicken pieces, then cook for 3 to 5 minutes.

3. Pour the marinade into a small saucepan over medium-high and boil for 3 minutes. When the chicken comes out of the oven, drizzle the marinade over it.

Pork

1. Substitute pork tenderloin, similarly sliced, for the chicken breasts above and follow the same method.

Steak

1. Cut a 1 1/2-pound flank steak against the grain into thin strips. Add to the teriyaki sauce and refrigerate for up to 24 hours.

2. When ready to cook, heat a large skillet over medium-high. Add a couple table-spoons of oil. When the oil is hot, use tongs to remove the steak from the marinade and add to the skillet. Cook for 2 to 4 minutes. You want it barely cooked.

3. Add the marinade to the pan and bring to a simmer. Cook for another 1 to 2 minutes. Serve the steak and sauce over rice or noodles.

Salmon

1. Arrange 4 salmon fillets on a foil-lined rimmed baking sheet. Brush each liberally with teriyaki sauce. Broil on the oven's middle shelf for 1 to 2 minutes, then brush with additional teriyaki.

2. Repeat this process 3 to 4 times, or until the salmon is just cooked and well glazed, a total of about 6 to 8 minutes under the broiler. Garnish with chopped scallions, sesame seeds or both.

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THE COLLECTIONS

Mamie Gummer stars in post-war fashion drama

Shooting has begun for a new drama *The Collection*, set in Paris after the Second World War about a family of fashion designers trying to bring haute fashion back into mode.

The eight-part family saga stars Richard Coyle, Tom Riley, Frances de la Tour and Mamie Gummer, the daughter of Meryl Streep.

Other stars include Jenna Thiam, Max Deacon, Irène Jacob, James Cosmo, Alix Poisson, Sarah Parish, Michael

Kitchen, Michelle Gomez, Stanley Townsend, Allan Corduner, Alexandre Brasseur, Bethan-Mary James, Patrick Kennedy and Poppy Corby-Tuech.

The series is the vision of Oliver Goldstick, whose credits include *Desperate Housewives*, *Ugly Betty*, and *Pretty Little Liars*.

The project marks the first Franco-British co-production between BBC Worldwide, France 3 and Amazon Prime Video and Lookout Point. AFP



The Collection is about a family of fashion designers in Paris trying to bring haute dress back in style after WWII. CONTRIBUTED



JOHANNA SCHNELLER **WHAT I'M WATCHING**

Rock 'n' roll but what's the point?

THE SHOW: *Vinyl*, Season 1, Episode 5 (HBO)
THE MOMENT: *The Dance*

New York City, 1973. Record mogul Richie Finestra (Bobby Cannavale, terrific) watches his wife Devon (Olivia Wilde) dancing sexily with Hannibal (Daniel J. Watts), a singer his label is wooing. They've been partying, snorting coke. The music is hot, the mood woozy.

At first Richie is into it. Until the dance becomes outright foreplay. Hannibal nuzzles Devon's neck, runs his hands down her red dress. He looks at Richie: How far will he let this go?

"You want a bump?" Richie asks, holding up the coke.

"I got a bump," Hannibal says, grinding his crotch into Devon's ass.

"Why, yes you do, sir," she coos.

"Right," Richie says, standing up. "We gotta run." He grabs Hannibal's cheeks. "You are a f—ing...god," he says. But they all know what he means.

Martin Scorsese, Mick Jagger and Terrence Winter (who ran *Boardwalk Empire*) created



The heady lives of a record mogul (Bobby Cannavale) and his wife (Olivia Wilde) are captured in the series *Vinyl*, without offering a deeper commentary on the lifestyle. CONTRIBUTED

this series, so you can be sure that the milieu is fascinating (decaying New York; the clash of punk, rock and disco) and the mise en scene impeccable ('70s moustaches, subway graffiti). There are orgies, egos, and all sorts of icons wandering through: Bowie, Warhol, Nico.

Immersive performances make us feel the power of music.

But five episodes in, I've yet to see what this show is actually about — in the way that *Treme* was about righteous anger and *Boardwalk Empire* was about American corruption. The scene above is the first one that felt

truly dangerous to me. As titillating as sex, drugs and rock 'n' roll are, I want something deeper.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV BRIEFS

Grammys audience shrinks
Monday's Grammys telecast missed a beat with the TV audience, delivering a seven-year low in viewership.

The Nielsen ratings company says the ceremony aired on CBS was seen by an average 24.95 million viewers. That was 300,000 fewer viewers than for last year's edition, which was the smallest Grammys audience since

2009. But The 58th Annual Grammy Awards, broadcast for the first time on a Monday and aired live in the Pacific and Mountain time zones, still scored the largest audience of any entertainment program this season, CBS said.

The show was hosted by LL Cool J for the fifth consecutive year.

THE ASSOCIATED PRESS

SWITCHED AT BIRTH

Campus racial tensions to play out on TV

A white college student goes out to party costumed as black rapper Lil Wayne, angering African-Americans who see it as evidence of insidious campus racism.

The incident may sound familiar but it's fictional, part of a five-episode arc in the upcoming season of *Switched at Birth*, the Freeform (formerly ABC Family) channel drama.

While black student protests at campuses nationwide have made news headlines, *Switched at Birth* is providing a rare, if not unprecedented, TV dramatization

of the turmoil.

With characters in college, the series has "both the ability and the responsibility to tell those stories," executive producer Lizzy Weiss said. "We are really trying to be accurate and honest about both sides of the debate," she said.

The white student, for example, contends he was celebrating his favourite hip-hop artist, not mocking blacks, with the costume.

But the climactic episode, scheduled to tape this week,

belongs to the protesters. The series returns in spring, with the date yet to be announced.

"That's the point in the story where we realized we needed to shift perspective entirely and let our black characters lead their own story. ... We see the entire episode from their points of view," Weiss said.

The party incident is one of a series of events that drive African-American students to action at the show's fictional version of the University of Missouri-Kansas City.

Mirroring real events, Weiss said, black students encounter "everything from micro-aggressions, as they're called, small things on a daily basis that students of colour experience and usually swallow ... to larger acts that are impossible to swallow, and which galvanize them."

It's a fitting topic for the series to tackle, both because of its college setting and because, as Weiss puts it, *Switched at Birth* is about those who endure being treated as "outsiders."

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Sentra gets a whole new look this year



REVIEW

Nissan does a great job with this fine tune

Jil McIntosh
For Metro Canada



In the brutally competitive automotive world, vehicles have to stay fresh. That's why, only three years after Nissan introduced an all-new Sentra compact sedan, it's now giving it a styling makeover for 2016.

The engine doesn't change, although the automatic continuously-variable transmission (CVT) is tweaked for better performance.

The big difference is in the exterior styling, and the Sentra gets an entirely new look from the windshield forward.

It looks a lot like a smaller-scale Nissan Altima, with its chrome-accented grille and boomerang-shaped headlamps.

Pricing starts at \$15,898 for a base model (although it's \$18,998 to get one with air conditioning), while the mid-range SV trim with CVT, which Nissan says is the best-selling model, is \$19,998.

The Sentra uses a 1.8-litre four-cylinder engine that works well in most driving conditions, although you'll probably wish for

a bit more power on hard acceleration, such as highway passing.

But while CVTs can often be noisy and feel rubbery when mated to lower-horsepower engines, Nissan has done a great job fine-tuning this one. Its performance is barely noticeable, and that's a compliment.

Other changes include improvements to the steering, which is stiffer and which makes for more comfortable driving on the highway.

The ride is bigger-car comfortable, and extra attention paid to sound-deadening makes for an extremely quiet cabin.

There are few styling changes to the interior, other than a new steering wheel and a slightly different centre stack and console.

There are some new features, though, including an available six-way power driver's seat, and in the upper trim levels, electronic safety technologies such as blind spot monitoring, cross-traffic alert, emergency braking, and adaptive cruise control that automatically adjusts its speed to traffic ahead.

These positive changes shake up the Sentra, but not the segment. It's competitive but still not a heads-above standout as far as the driving experience goes.

That said, it's well-priced compared to other compact sedans with similar features, and it's definitely worthy of a second look when you're in the market for something new.

THE CHECKLIST | NISSAN SENTRA 2016

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine. (hp/torque), 1.8-litre four-cylinder (130/128)

Transmissions. Six-speed manual or CVT
Price. \$15,898 - \$25,998 (plus destination)

COOL FEATURES

- Apple Siri
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MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

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RAV4 hybrid a one-of-a-kind mini

R18

Audi's hybrid racecar

Audi will enter the 2016 motorsport season with the most powerful and efficient hybrid racecar it's ever built. Audi says the R18 represents the next stage in lightweight design, and has a modified hybrid system with lithium-ion batteries.



HYUNDAI

Three in-one

Hyundai has announced the first car to offer a choice of three electrified powertrains available in a single body. Buyers of the Hyundai Ioniq will choose between electric, plug-in gasoline/electric hybrid, or gasoline/electric hybrid powertrains.



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RAV4

Toyota's hybrid mini enters SUV market

Toyota's Canadian-built RAV4 small utility vehicle gets a gasoline-electric hybrid option for 2016, making it the only hybrid available in the hotly contested smaller SUV segment. Despite delivering higher fuel economy than the base model, the all-wheel-drive RAV4 Hybrid is actually more powerful with combined peak power of 194 horsepower. That makes it the quickest RAV4 model, capable of getting to 96 km/h from rest in 8.1 seconds, which is about a second quicker than with the base engine. The hybrid is rated at 6.9 l/100 km in the city and 7.6 on the highway. The gas-only RAV4 with the optional all-wheel-drive system is rated at 10.5/8.2.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



+ MIRAI, CO2, TRUCKS



Senior snaps up first Mirai

Toyota has delivered its first 2016 Mirai hydrogen fuel cell car in the United States to its new owner, a 70-year-old engineer who specializes in hydrogen fuel cells. Glenn Rambach has worked on hydrogen-fuel-cell technology since 1973.

Clean-energy plan cuts carbon dioxide emissions

Chevrolet says it has met the objectives of its five-year-old Clean Energy Initiative, reducing carbon-dioxide emis-

sions by eight million tonnes since it was begun in 2010. The General Motors brand did so through \$40 million US worth of investments in 38 clean-energy projects in 29 U.S. states.

Natural-gas truck fleet now Michigan's largest

Fiat Chrysler Automobiles has invested \$40 million US in FCA Transport, the company's own truck fleet, to convert its 179 Detroit-based parts haulers to run on compressed natural gas rather than traditional diesel. Prior to the changeover, the fleet used nearly 10 million litres of diesel fuel a year while driving about 25 million kilometres delivering parts to assembly plants.

All prices are plus GST and all applicable rebates to dealer. Example: 2015 Compass COB \$3314.95, \$30,166.72 TOB, 3.99% APR. O.A.C. *Additional CASH offer will be added to the total cost of the unit being purchased at a lower interest rate, please see dealer for complete details. O.A.C. THE PICTURE MAY NOT BE A REFLECTION OF THE ACTUAL VEHICLE. **Includes \$1300 RAM Loyalty bonus. See Dealer for complete details. *Available 0% see dealer for details.



"There's no big mystery or anything like that ... find a formula that works, and stick with it": David West on the Spurs' decades-spanning success

Unfinished product

Once again, the Blue Jays are built to slug. The core of the offence that topped baseball with 891 runs last season is back. But if the starters can't deliver, it won't matter how many home runs are hit. Here are some storylines to watch as the Jays get set for spring training:

1 Vacant No. 5

Candidates for the fifth starter's spot include right-hander **Aaron Sanchez**, who began 2015 in the rotation but returned to the bullpen following a mid-season muscle strain; right-hander **Jesse Chavez**, another former Blue Jay who was acquired from Oakland last November; oft-injured righty **Gavin Floyd**; and right-hander **Drew Hutchison**, Toronto's opening-day starter in 2015.

Core questions

2 Jose Bautista and Edwin Encarnacion

both have a year remaining before becoming eligible for free agency. New president **Mark Shapiro** and general manager **Ross Atkins** have held preliminary talks with Bautista, 35, and Encarnacion, 33, about new deals, and more substantive talks are possible during spring training.



3 Opening at closer's spot

Unflappable rookie **Roberto Osuna** emerged as Toronto's closer in 2015, saving 20 of 23 chances with a 2.58 ERA. But the January trade that saw reliever **Drew Storen** join the Jays has created competition for the ninth-inning role. In early February, Atkins said Toronto likely will use at least half of spring training, and maybe more, to make a decision.



4 Who's No. 1?

To acquire **Storen** from Washington, the Blue Jays gave up **Ben Revere**, who served as Toronto's leadoff hitter in the playoffs. With second baseman **Devon Travis** (left shoulder surgery) set to begin the season on the disabled list, the job could be won by centre-fielder **Kevin Pillar**, one of several Blue Jays players who arrived early at spring training for extra work.



5 Who's left?

Revere's departure created Toronto's only position battle, with Canadians **Michael Saunders** and **Dalton Pompey** set to compete for the left-field job. Saunders injured his knee in spring training last year and played just nine games. Pompey, 23, spent much of the season at Triple-A but saw action as a pinch-runner in the post-season, stealing four bases.

THE ASSOCIATED PRESS
PHOTOS BY GETTY IMAGES



UFC

Rousey: I thought of suicide

Ronda Rousey says she had dark thoughts after she lost her bantamweight title to **Holly Holm** in Australia last year, her first defeat since joining UFC.

"Honestly, my thought in the medical room, I was sitting in the corner and was like, 'What am I anymore if I'm not this?'" Rousey said Tuesday during an appearance on *The Ellen DeGeneres Show*. "Literally sitting there thinking about killing myself. In that exact second, I'm like: 'I'm nothing. What do I do anymore?'"

Rousey won her first 12 mixed martial arts fights — eight of them in less than a minute — before stepping into the cage against **Holm** in Melbourne last November. Holm finished her off with a devastating kick to the head.

Rousey told DeGeneres that she wants to be the one to beat **Holm**, who will make her first title defence against **Miesha Tate** next month. THE ASSOCIATED PRESS



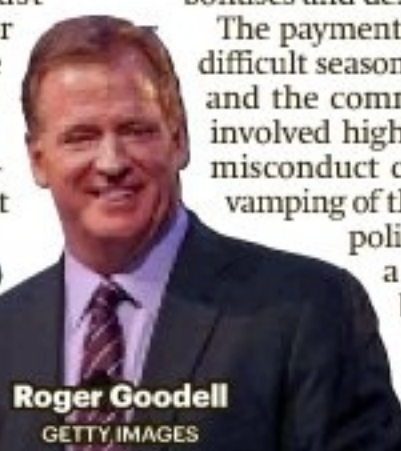
Ronda Rousey GETTY IMAGES

NFL

Commish hauled in \$34M in 2014

NFL commissioner **Roger Goodell** earned just over \$34 million for 2014, according to the league's tax filing released Tuesday.

That total is actually down a bit from 2013 (\$35 million) and 2012, when Goodell collected \$44.2 million.



Roger Goodell
GETTY IMAGES

lion, including \$9 million in bonuses and deferred pension.

The payments for 2014 — a difficult season for the league and the commissioner that involved high-profile player misconduct cases and a re-vamping of the NFL conduct policy — included a \$26.5-million bonus negotiated the previous year.

THE ASSOCIATED PRESS

IN BRIEF

Pistons trade for forward Harris in push for playoffs

With a playoff spot within reach this year, the Detroit Pistons made a trade they hope will benefit them both now and in the future.

The Pistons acquired forward **Tobias Harris** from Orlando on Tuesday in a deal that sent guard **Brandon Jennings** and forward **Ersan Ilyasova** to the Magic. The 23-year-old Harris gives Detroit an athletic young player who signed a \$64 million, four-year deal last summer. THE ASSOCIATED PRESS

Cowboys' Carr raising cash for his crisis-hit hometown

Dallas Cowboys cornerback **Brandon Carr** is encouraging athletes to help his hometown of **Flint, Mich.**, amid the city's crisis with lead-tainted water.

The Community Foundation of Greater Flint says Carr is donating \$100,000 to create the Carr Cares Fund for Flint. He's also donating \$10,000 for the Safe Water Safe Homes Fund to help with replacing pipes and plumbing.

THE ASSOCIATED PRESS

NHL

Kuznetsov, Caps knock off Kings

Evgeny Kuznetsov's tiebreaking goal with 2:02 remaining off an assist from ex-Kings player **Justin Williams**, a score that withstood a coach's challenge for goalie interference, lifted the NHL-leading Washington Capitals to a 3-1 comeback victory over Los Angeles on Tuesday night.

Kuznetsov's 16th goal, but first in a month, gave him 20 points in his past 14 games. **Andre Burakovsky** got a secondary assist on that score, after tying the game with 48.1 seconds

TUESDAY In D.C.



left in the second period. **Jason Chimera** added an empty-netter with 8.6 seconds left.

Anze Kopitar put Los Angeles ahead in the first period on a short-handed goal.

THE ASSOCIATED PRESS

SOCCER IN BRIEF

Cavani strikes to earn PSG first-leg edge over Chelsea

Struggling striker Edinson Cavani came off the bench to score the winner as Paris Saint-Germain beat Chelsea 2-1 in a pulsating first leg in the last 16 of the Champions League on Tuesday.

Cavani, who has lost his place in the side in recent weeks, slotted through the legs of goalkeeper Thibaut Courtois from a narrow angle in the 78th minute.

Zlatan Ibrahimovic put PSG ahead with a powerful free-kick in the 39th minute, only for Chelsea to level against the run of play on the stroke of halftime with a rare goal from midfielder John Obi Mikel.

THE ASSOCIATED PRESS

Copa del Rey final moved because of Springsteen gig

It took Bruce Springsteen to end the controversy over the Copa del Rey final in Spain.

The rock star has announced he will be playing at the Santiago Bernabeu on May 21, ruling out Real Madrid's stadium for the Copa final between Barcelona and Sevilla.

Both finalists wanted to play at the venue, the country's biggest neutral ground, but Madrid didn't make it available. The club apparently wanted to avoid the risk of seeing its biggest rival celebrating a title on its ground. The game will now be played at Atletico Madrid's Vicente Calderon Stadium. THE ASSOCIATED PRESS

Canuck Campbell faces third UFC test vs. Krause

MMA

Fighter very comfortable with B.C. gym and coach Lea

Shane 'Shaolin' Campbell has trained with former UFC featherweight champion Jose Aldo at his renowned Nova Uniao gym in Brazil as well as at Kings MMA and Team Alpha Male in the U.S. and Montreal's Tristar Gym.

But the 29-year-old lightweight from St. Catharines, Ont., found a home at David Lea's Toshido MMA in Kelowna, B.C. — the gym that sent Rory MacDonald to the UFC.

"At the time I was living in Edmonton and I made the decision to not spend another winter there," said Campbell.

"And David Lea brought me down to spar (with) Matt Dwyer for I believe his first UFC fight," he added. "After seeing how David Lea coached and the connection we made, I chose to move here."

On Sunday, Campbell (12-3-0) steps into the cage for his third UFC fight when he takes

on American James Krause (22-7-0) on a televised card in Pittsburgh. Donald Cerrone, moving up to welterweight, faces Alex Oliveira in the main event at Pittsburgh's Consol Energy Center. The card also features Kelowna bantamweight Sarah Moras, another Toshido MMA fighter, and welterweight Alex Garcia, a Dominican who fights out of Montreal.

For the six-foot Campbell, who cuts from around 185 pounds to fight at 155, it's a rare outing against a taller opponent. The 29-year-old Krause, a submission expert whose UFC record is 3-3-0, is six foot two.

Campbell's move to Kelowna came just before his World Series of Fighting victory over Derek Boyle in February 2015. Campbell won in spectacular fashion, hurting Boyle with

a body kick and then pausing to throw a Hadouken at him — a move from the Street Fighter video game in which the character thrust his palms forward to send a surge of spirit energy flying towards his opponent.

The video of the fight, which Campbell won by third-round TKO, has been viewed more than one million times on YouTube.

“After seeing how David Lea coached and the connection we made, I chose to move here.”

Shane Campbell on why he chose Kelowna gym



Canada's John Makdessi, left, drops fellow Canuck **Shane 'Shaolin' Campbell** during their UFC 186. Campbell will be aiming to do better against James Krause. THE CANADIAN PRESS/GRAHAM HUGHES

"I use it to hurt them," Campbell said somewhat mysteriously about the video game move.

The former Muay Thai world champion graduated to the UFC next time, as an injury replacement on short notice against fellow Canadian John 'The Bull' Makdessi at UFC 186 in Montreal last April. Campbell was stopped with seven seconds left in the first round but not

before punishing Makdessi's legs with a string of kicks.

Campbell won next time out, via unanimous decision over former Jungle Fight champion Elias Silverio last August in Saskatoon. While this marks his first UFC fight outside of Canada, Campbell is no stranger to travelling the world. As a kickboxer, he competed in the U.S., China, Thailand,

Hong Kong, the Netherlands and Belarus.

He got into combat sports via a friend who was training at Iron Tiger Muay Thai in Stoney Creek, Ont. Campbell joined him twice a week — "I was doing nothing else with my time when I was 16."

Campbell teaches at Toshido when not fighting these days. THE CANADIAN PRESS

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RECIPE Slow Cooker Beef Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Can you think of anything better than returning home to a bowl of slow-cooked deliciousness?

Ready in

Prep time: 10 minutes
Total time: 8 hours, 10 minutes
Makes 4 to 6 servings

Ingredients

- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)

- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.
2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

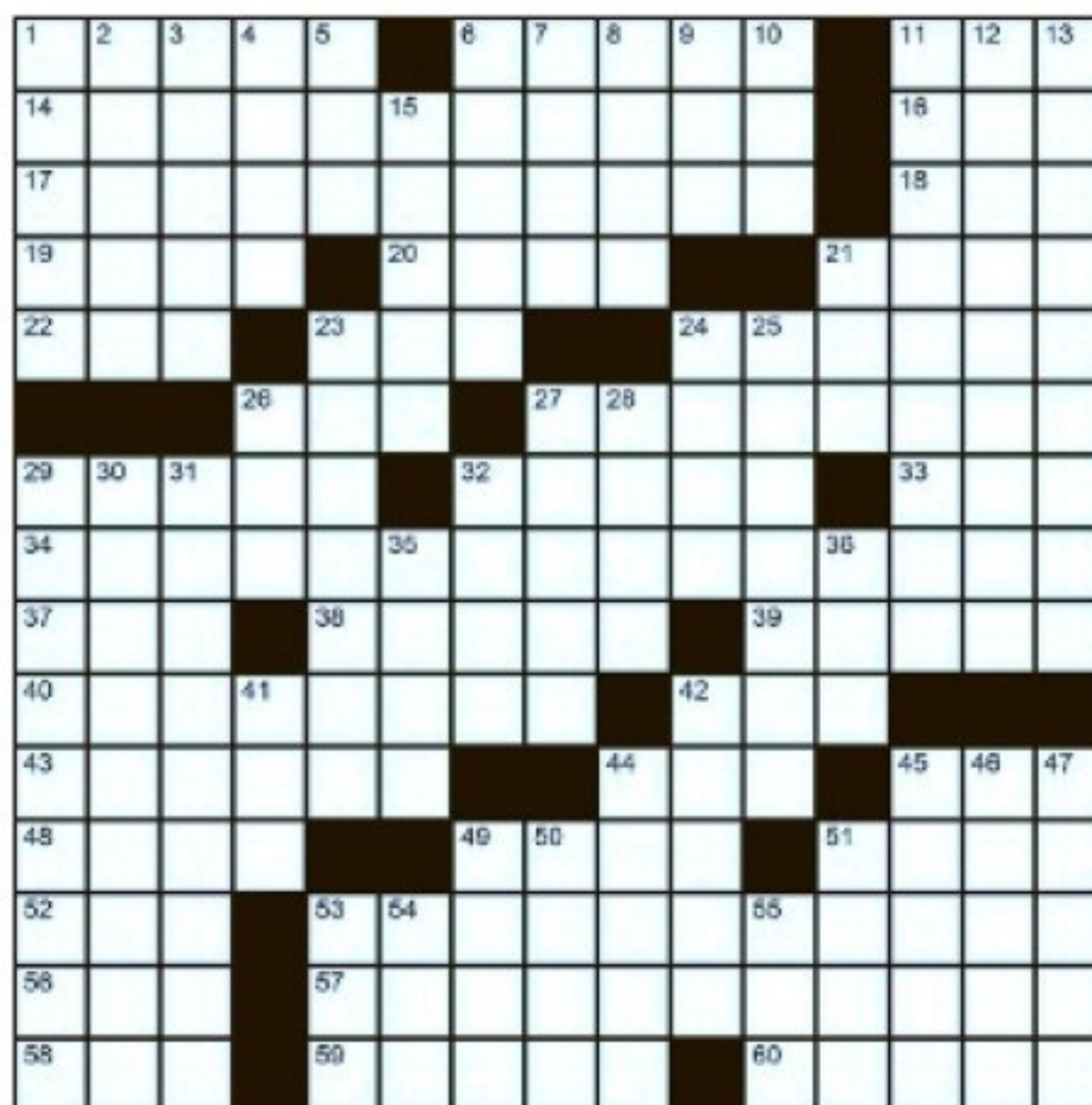
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BY KELLY ANN BUCHANAN

ACROSS

1. Contrue
6. Bloodhound's 'bait'
11. Mil. rank
14. Five star accom-
modation: 2 wds.
16. The Altar con-
stellation
17. Sobey's private
food brand
18. Name: French
19. "Misty" bit: "...
_ helpless as a kit-
ten up a tree..."
20. Hawaiian coffee
21. Free pass,
fun-style
22. Canada's money
[abbr.]
23. Vintage auto
24. Aphrodite's beau
26. Diced tomatoes
= Tomatoes en _
27. Reprimand
29. _ salts
32. "Wide World
of Sports" hosting
legend Jim
33. Aunt, in Italy
34. Camelot, Sir Lan-
celot and a whole lot
more: 2 wds.
37. View
38. Upbeat dance,
_ Hop
39. Prod
40. They say it's just
these Sgt. Joe Friday is
interested in: 2 wds.
42. Heavy wts.
43. Emulate: 2 wds.
44. 17th letter
spelling
45. Nova Scotia hrs.
48. South Da-
kota dam
49. Egg warmers



51. Texter's "The
way I see it..."
52. Driver's 4x4,
commonly
53. Ryan Gosling,
when he co-starred
with Britney, Chris-
tina and Justin
56. PBS fund-

- ing org.
57. 1970s cowboy
decorations
58. Stuck keyboard
letter here
59. Locales
60. "There is no _
_ what we can do
together." - Paul

McCartney

DOWN

1. Charlton Hes-
ton/Sophia Loren
movie: 2 wds.
2. Il _ (Cathedral in
Florence, Italy)
3. Maya archaeo-

- logical site in Mexican
state Yucatan
4. Baking amounts
5. Schubert's The
_ King
6. Li'l Abner crea-
ture
7. Filmmakers Joel
or Ethan

8. Sicily volcano
9. Earnings
10. Motley Crue
drummer ...his
initials-shares
11. Sainted
12. Favourable
13. Wild house
party 'hat'
15. "Frightful!"
21. Debating side
23. Dan Aykroyd's char-
acter Beldar is from
what planet?
24. Lawyer Ms.
Clooney
25. Woman who
has gained respect
in her field
26. Play- _
27. Mil. schools
28. Lettered label
29. Headed for The
Maritimes
30. Warmed the oven
beforehand
31. British Col-
umbia: Migratory
rainbow/trout
32. Certain candy
35. Pasta alternative
36. Mr. Van Sant
41. "Yuck!"
42. Elephant
weapons
44. Body bendees
45. Rectify
46. Paper piece
47. Body
49. Eight: French
50. Anglo-Sax-
on toiler
51. Triumph's "Lay
_ _ the Line"
53. Married title
54. " _ _ get it
now!" (Aha!)
55. French season

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have learned a lot in recent weeks and now you must start to apply it, even if it means the kind of upheavals you usually try to avoid.

Taurus April 21 - May 21
Look for compromise solutions, instead of making more enemies. The planets warn if you insist on getting your own way it will cause unnecessary ill feeling and more problems than it manages to solve.

Gemini May 22 - June 21
Some people talk for the sake of talking but you're not one of them, are you? Cut short meaningless gossip and focus only on what is of genuine importance. Don't worry if you hurt others' feelings.

Cancer June 22 - July 23
What happens next should ease your money troubles. Your luck is about to turn but make sure you are the one who gets the benefits.

Leo July 24 - Aug. 23
You'll learn something today that will help you make sense of what up until now has seemed largely irrational. For best results, be open to new possibilities and believe that there is meaning behind everything.

Virgo Aug. 24 - Sept. 23
Face up to aspects of your personal-ity that you usually keep well hidden, even from yourself. Be honest with yourself about some of your more negative thoughts — then find ways to transform them into positives.

Libra Sept. 24 - Oct. 23
If you don't like the situation you find yourself in then change it. You are not now, nor have you ever been, a victim, so stop complaining that life is unfair and do something about it.

Scorpio Oct. 24 - Nov. 22
The choices you make over the next 48 hours will be crucial as far as your work is concerned, so think and then act. Decide what your number one priority is and focus on that.

Sagittarius Nov. 23 - Dec. 21
If you do nothing else today at least aim high, both at home and at work, because there is no limit to how much can be accomplished. A little bit of self-belief will go a long way. Think how far a lot might take you!

Capricorn Dec. 22 - Jan. 20
Get your cashflow situation in order. With Venus moving in your favour it shouldn't be hard. If you need help, don't be afraid to ask for it. You won't be refused.

Aquarius Jan. 21 - Feb. 19
A dispute will break out today but you have been through this before, so don't worry. The situation may be different but the emotions are the same. That's good: it means you won't make the same mistakes twice.

Pisces Feb. 20 - March 20
Let where you are going, rather than where you are coming from, be your guide. The choices you make will influence your life for months to come, so make them wisely.

CONCEPTIS SUDOKU by Dave Green

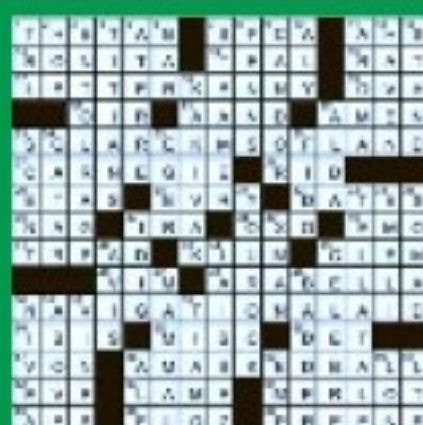
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